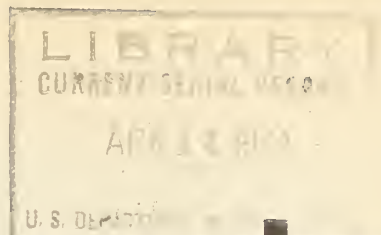


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Radio Round-up *on food...*

A Service
For Directors of Women's Radio Programs

San Francisco, California
April 1, 1944

I N T H I S I S S U E

RATIONING FOR APRIL....The few changes made for April point values on foods are in the homemakers' favor with frozen fruits and vegetables all point free.

"GROW MORE IN '44"....This week tribute is being paid to American farmers for past production efforts, and farmers and consumers are giving recognition anew to the food job for 1944.

INDUSTRIAL FEEDING....On-the-job food service for five and one half million more workers is the goal of the WFA.

* SPECIAL MESSAGE TO WOMEN BROADCASTERS *
* "The War Food Administration hopes you will *
* urge the increased use of eggs during this *
* period of unusually abundant supplies." *
* Marvin Jones, War Food Administrator *

US Department of Agriculture
Food Distribution Administration

USE MORE EGGS

The present rate of egg production is the heaviest on record --- the nation has 79 percent more eggs this year than in prewar years 1934-39. American poultrymen have done an outstanding war job, and they have exceeded official goals for egg production each successive war year so far. This year civilians will have 3 1/2 billion dozen eggs...and it is up to civilians to use them up, for many factors enter the picture to make the situation critical.

Freezer Space Limited -- For one thing, the freezer and cooler space is full nearly to capacity. There is not nearly enough room for the eggs that might otherwise be stored.

Packaging a Problem -- The packaging situation is tight...egg crates are very scarce. New fiber and wooden cases are being made as fast as possible, but materials and facilities are limited. As fast as civilians use eggs, the crates can be returned to farmers to be filled again...and again returned to market, for the hens keep right on laying at peak production.

Transportation Difficult -- Transportation is just as difficult as it was a year ago...and there are more eggs. That means slower handling for eggs in transit. Manpower is steadily decreasing due to the needs of our armies, and egg breaking and drying plants are affected by the labor shortage too...many cannot operate to full capacity. This means that an increase in the flow of eggs for processing cannot well be handled.

Immediate Answer -- The most important immediate answer to the over-all problem lies with the civilian. Consumption of eggs is usually high during Easter week but then drops off sharply. This year it is necessary to maintain a high rate of egg consumption well into the month of May. If every homemaker makes an effort to use more eggs than she normally does, she will help the situation in two ways. First, by supplying the producer with a market at present.... and second, by encouraging him not to deplete laying flocks below last year's size so that the nation will have enough eggs the latter part of this year and next.

Besides telling your audience about the many ways to use fresh eggs, copy on storing eggs at home would be helpful to most homemakers. A very common method of preserving eggs is to put them down in a solution of water glass or sodium silicate, a clear liquid sold at drug stores. The water glass method is convenient but there are other good ways to preserve eggs at home.

Round Up will include some of the other methods next week.

FRESH VEGETABLES IN THE NEWS...Irish potatoes continue to be excellent buys. Heavy shipments of good quality potatoes from the 1943 crop are still available. The peak movement is past, but large storage stocks are yet to be moved before the new crop takes over the markets.

A good supply of bunched spring carrots from the Imperial Valley and Arizona are still being offered at reasonable prices. This yellow vegetable is an excellent source of Vitamin A, and is versatile for use in raw vegetable salads, soup, stews or steamed carrot pudding.

Plenty of lettuce of good quality from the Imperial Valley and Arizona continues to arrive on western markets.

THE LONG VIEW

The line no longer forms to the left of the grocer's door on ration stamp expiration days. For ration stamps don't expire any more.

From now on, red and blue stamps in War Ration Book No. 4 are good indefinitely, just as are shoe and sugar stamps. If it is ever necessary to retire any stamps, the homemaker will have plenty of advance notice.

Meanwhile, Madame Homemaker can go right on planning family meals at an even tempo and calmly budget her ration stamps, secure in the knowledge that she need not rush to spend all her remaining stamps at even dates. Her new stamps will become valid at the same regular intervals...three red stamps every other Sunday, and five blue stamps on the first of every month.

Tokens will remain on the same one-point status, as change for the ten point red and blue stamps. There is no necessity to hoard them since ration stamps are good indefinitely too.

Forty million housewives should be pretty relieved about the whole thing, for the new ration stamp ruling makes the shopping definitely easier.

LONG AND COOL

Tangerine-ade might be a regular addition to the corner lemonade stand and the family summer supper table at some not-too-distant date. Credit goes to the Department of Agriculture's citrus products station at Winter Haven, Florida, for their development of a new concentrated fruit syrup made from tangerines.

Florida produces more than 800,000,000 tangerines every year. One-third of the crop, however, cannot be shipped because the fruit isn't good enough for the fresh tangerine market. These culls, as they are called, have been mostly wasted...dumped into the soil for their limited humus value. Some tangerine oil has been recovered, but that was made into presscake for cattle feed. The oil that was recovered was hard to extract, poor in flavor and did not keep well; so generally these culls were pretty much a loss.

This new tangerine syrup will be a welcome product when it reaches the commercial market. The syrup is light brown, with a flavor rather like a blend of honey and fruit. Its advent is something to look forward to.

PROUD RECORD

At the food preservation training workshop, held in Peoria, Illinois, Paul Charman, dean of agriculture at the University of Georgia, told about the remarkable growth and progress of community canneries in his state. "Community food preservation had its beginning in Georgia during the summer of 1926 when a teacher of vocational agriculture met some of his patrons under the shade of a convenient tree, and, using an old saw mill boiler and two barrels, processed 9,000 cans of food products", said Dean Chapman. "At the close of 1943 there were 537 communities and county food preservation centers in Georgia...serving about one third of the farm families...these families preserved nearly 18 1/2 million cans of food."

During those eighteen summers, Georgians learned through trial and error to organize efficient and productive canneries...learned too, the factors responsible for their steady growth. People, they found, soon responded to a project that provided them with stores of good food at a minimum of time, labor and cost. They found that, in a fourteen hour day, a homemaker is able to can a maximum of fifty six pints of food in a large size pressure cooker at home. At the community cannery the same number of cans could be processed in ninety minutes. With the shuckling equipment that is part of many canneries, it is possible to shell a year's supply of peas for an average family in 15 minutes. That job would require hours and hours if done by hand. Georgians as well as thousands of other community canners have found that community canning takes drudgery outside their own kitchens too. And families everywhere enjoy getting together with their neighbors and combining a pleasant visit with productive work.

Dean Chapman, explaining that community canning brought down costs of food, added "Any family may preserve any quantity of any product without the cash outlay of one cent". The system in Georgia for keeping down costs is much the same as that practiced the country over. Cans and all supplies are provided by the plant at cost. The usual service charge for a No. 2 can is 5 cents, and for a No. 3 can is 6 cents. These and other costs may be paid in toll...that is, paid for with food products. Sometimes, when people cannot afford either food for preserving or the service charge, they may pay for their products with hours of work. In this way, these people are assured of good nutritive food, as well.

"Community food centers are symbols of better living". said Dean Chapman. "...We are products of the food we eat...food represents a national problem in the United States to which too much attention cannot be directed".

After eighteen years' experience, the people of Georgia have implicit faith in the value of their community canneries, and are increasing the number and efficiency of their plants. They have post-war plans, too, but during this crisis are doing a great deal toward carrying forward America's "Food for Freedom" campaign.

INDUSTRIAL FEEDING PROGRESS

The War Food Administration is making a nation wide survey of industrial feeding facilities in order to find out how much expansion is needed in every part of the country to reach the 1944 objective...a goal that will feed five and one half million more workers on the job.

From all over the country reports are arriving. From the north-eastern region, reports show that about one-half of the industrial plants provide feeding facilities for their employees. Large plants in this region are more likely to have feeding facilities than small ones. Specifically, seven out of eight large plants employing more than 2500 people have cafeterias or canteens, while only one out of four plants employing 250 or fewer workers have some type of on-the-job food service. By the same token larger plants are increasing their facilities, but small plants are static as far as increasing their in-plant feeding.

In Virginia, of the twenty four plants which have in-feeding, two thirds of the number are large plants. One small plant in Virginia has given its employees free lunches for more than a year, and milk between meals as well.

The manager reports that this program has reduced afternoon fatigue, time lost from illness and accidents. It has increased general efficiency too.

Both individual reports and over-all surveys testify to success of the in-feeding program. Employees like to work where food is available, and employers find that proper nutrition increases efficiency everywhere...reduces fatigue and accidents.

The superintendent of an Iowa soap factory writes, "Frankly, we consider our cafeteria our best investment. Aside from the better health standards of our employees, our absenteeism is negligible, and we believe we have one of the best records in the state of Iowa for labor turnover".

A New Orleans manufacturer boosted his production 10 percent to 13 percent by giving his employees a bottle of milk in mid morning and again in mid-afternoon.

Donald Nelson probably expressed most succinctly the need of feeding facilities in industrial plants when he said, "Experience shows that better nutrition among industrial workers promotes productive efficiency, whereas inability to obtain enough good food in many cases has lowered productivity, by causing excessive fatigue, absence from work and turnover. One of the most efficient ways to improve the nutrition of civilian war workers is in-plant feeding."

GROW MORE IN '44

This is "Grow More In '44" week....the reason....to highlight to both farmers and consumers the continued need for continued all out food production.

This week, tribute will be paid to past record production efforts, and recognition given to the tremendous job farmers have undertaken for 1944.

This week, homemakers and their families are urged to raise Victory Gardens and to volunteer, if possible, for some phase of Crop Corps work on farms (Radio Round Up February 26) or work in food processing plants.

This week community groups and civic organizations will cooperate with the "Grow More In '44" program by inviting farmers to speak at their meetings and to tell the farm story. Victory Garden growers will be asked to tell their experiences and production activities. Radio commentators can help by adding their pleas via ether waves. In fact, everyone must cooperate if food needs are to be met with our limited manpower and facilities.

PEAS PORRIDGE HOT

G. I. Joe now carries his own stove in the form of fuel tablets. That means that Joe, in his foxhole, can have his combat rations hot if he wants them so without danger of being spotted by the enemy.

There are three types and sizes of these fuel tablets, and they'll provide cooking facilities for fighting men isolated from company messes and from cooking ranges.

There are one and one-half ounce bars that will heat one ration. Three-ounce cakes will heat one meal for five men...and four-ounce cans will provide fuel for one meal for five men or six individual meals.

The two smaller types...the cake and the bar...are made of wax, saturated with fatty acids, combined with a filler such as wood flour. They will light with one match, and burn at a fairly even rate. They won't attract attention either, for the flame is non-luminous...not discernable from a distance...and there is no smoke. These two smaller fuel tablets are issued for the C and K rations described in the "C/O Quartermaster" story in March 25 Round-Up.

The contents of the four-ounce can are composed of denatured alcohols, solidified with nitrocellulose and water. When ignited, the substance will burn without cracking, exploding or flaring. The four-ounce can is issued for individual rations and for small groups of men.

These fuel tablets are a great comfort to Joe over there fighting...and to Joe's mother, too, who will be glad to know that her boy may have a hot meal even during combat.

KNOW CEILING PRICES

"I will pay no more than ceiling prices". That's part of the home front pledge. But, in her struggle with ration stamps, many a homemaker has neglected this part of her pledge. While eight out of ten shoppers know there are ceiling prices, only four out of ten know what they are.

The Office of Price Administration wants the homemaker to learn ceiling prices, and never, under any circumstances, to pay any more. In order to do this she can check prices with the large list posted in every food store, or, she can now get her own compact purse-sized list from her local War Price and Rationing board. These individual lists contain correct ceiling prices according to the group number of her store.

Food shops are grouped according to services given and the yearly volume of business. These things affect selling costs, and so different groups are allowed slightly different ceiling prices. Each food store belongs either to Group One, Two, Three or Four...and the grocer is required to put up a large sign telling to which group his store belongs. Ceiling prices of all four groups are listed on the homemaker's individual pocket sized price list.

All lists show prices for the most commonly used canned goods and other packaged foods, including bread, butter and sugar. The price given is for a particular size and sometimes for a particular brand. Sugar is priced according to type of container...bag or carton.

The ceiling prices for meats are listed by grade or quality as well as cut. Price lists on meats must be posted in all stores where meats are sold. The grade is stamped on wholesale cuts, and on retail cuts too. The homemaker can and should ask to see it if she is in doubt about the quality she is buying. However, except for sliced bacon, pork is not graded.

There will soon be a specific country wide basis for the ceiling prices of most fresh vegetables and fruits. In some parts of the country such lists are already established.

The homemaker should consult her ceiling price list and mark the correct prices opposite each item on her marketing list. Then, when she goes to the store, she can do her marketing quickly, easily...and legally.

If the shopper finds a grocer who is charging more than ceiling prices, she should speak to him about it. If he does not correct his price, she should report the violation to the price panel of her local War Price and Rationing board. If the homemaker has already purchased the article, the sales receipt should be mailed to the board with her report. If she has not bought the food item, a postcard should be sent telling the name and address of the store, date of ceiling price violation, article and its grade or weight, selling price, and her name and address. Her name will not be used in the investigation.

Homemakers should be increasingly vigilant in the effort to pay only ceiling prices. It's one of the things she can do to help the honest retailer keep the cost of living down, and discourage black markets. In fact, it's money in her pocket if she does her part.

APRIL RATION 'RITHMETIC

There won't be much change in the rationing point value of foods for the month of April, and the changes there are, are mostly in the homemakers' favor.

In spite of the fact that there will be slightly less meat for the quarter beginning April first, point values in meat will remain about the same. Only changes are in spareribs, which go down one point to zero point value...and ready to eat ham which will be reduced one point for the month.

Shortenings and dairy products show only slight variations for April. Butter will remain at 16 points per pound. Lard stays point free, but shortening and cooking oils will be reduced one point...which means 4 points per pound during April. Margarine remains the same...6 points per pound.

Although there will be ten million more pounds of cheddar cheese available to civilians during this quarter, than for the January through March period, point values remain the same, because the overall amount is not great enough to warrant lowering the point value. Neufchatel and creamed cottage cheese ascend two points making their value 12 points per pound.

Most processed foods remain the same in value, except canned peas which are temporarily point free. Canned fruits remain at their present high level, and canned vegetables are still point value bargains. Canned mackerel and canned sardines are down four points, with an April value of 8 points.

But we've saved the best news until the last. From April 2 to April 29 all frozen fruits and vegetables will be point free. This move has been made to release freezer space for butter, eggs and other perishable foods that will soon come into peak production.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
on three West Coast wholesale markets

PORTLAND

Cauliflower, cabbage and spinach supplies are liberal with prices slightly lower than last week. Vegetables in moderate supply include carrots, potatoes, peas and tomatoes. Receipts of lettuce, onions and peppers have been light.

In the fruit market, grapefruit supplies are moderate with prices slightly higher. Oranges are selling at ceiling except for the small sizes.

SAN FRANCISCO

Best buys in vegetables are carrots, cabbage and potatoes. Receipts of artichokes and asparagus have become quite liberal and prices have declined. Cauliflower and spinach also good buys at prices lower than last week. California tomatoes are very scarce, but the stock from Mexico is in liberal supply and selling below ceiling.

Among the fruits there is no change. Oranges are fairly liberal with all but the smallest sizes selling at the ceiling. A few Valencias are arriving from the Imperial Valley and Arizona. Avocados remain plentiful. Apples are scarce.

LOS ANGELES

Best vegetable buys are cabbage, carrots, beets, turnips and rutabagas. Potatoes are also plentiful and more purchases are urged to clean up a national surplus before the new crop comes to market. Cauliflower is plentiful and slightly lower. Bunched vegetables that are reasonable include mustard greens, spinach, chard, parsley and radishes. Celery also shows a wide range in price and quality.

In the citrus fruits, oranges, lemons and grapefruit are plentiful with prices generally unchanged. Tangerines are in moderate supply with prices steady.

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U. S. DEPARTMENT OF AGRICULTURE



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 8, 1944

I N T H I S I S S U E

STORING EGGS AT HOME....One quart of sodium silicate is enough to preserve 14 or 15 dozen eggs, and by following this simple method of keeping eggs at home the consumer is providing poultrymen with immediate markets and assuring the family a supply of cooking eggs in the months to come when supplies will be lighter.

KEEPING PRICES DOWN....Ceiling price regulations are preventing purchase costs from soaring to the heights attained during the first World War. And only by refusing to pay more than the price posted can consumers maintain foods at their present level.

SUCCESSFUL HOMECANNING....To get best canning results, homemakers should give careful attention to the types of jars and seals used.

FRESH PRODUCE SUPPLIES....Asparagus now in liberal supply on most western markets. Potatoes, carrots, cabbage, cauliflower, lettuce, spinach are also recommended buys.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS

DEHYDRATED VEGETABLES... U. S. civilians will be allocated 5 percent of the dehydrated vegetables available for the July 1, 1944 to June 30, 1945 period, according to the WFA. Almost all of these dehydrated vegetables for civilians will be used in soups. Of the slightly more than 246 million pounds of dehydrated vegetables expected to be available during the 1944-45 period, U. S. armed forces and war services will get about 70 percent, Great Britain and Russia will receive 23 percent, with the liberated areas' reserve and other exports getting about 1 percent each. Production of these vegetables has been expanded about 40 percent this year to meet war needs and because export of these commodities conserves shipping space.

POTATOES... At the end of March there were some 30 million bushels more potatoes in storage than last year; so consumers are assured plenty of this vegetable until the new crop shipments are heavier. The potato skin is a protector of the food values that lie underneath.... the Vitamins C and B, iron and other minerals. The best potatoes wear their jackets to dinner.

ASPARAGUS... This green spring vegetable is now beginning to reach the markets of the nation in good quantity. Asparagus is at its very best until the end of May, but hot weather makes it tough and woody.

Asparagus requires very fertile soil, as is the case in the Delta area of California, or the soil must be carefully cultivated and fertilized. A view of an asparagus field is not a very inspiring sight, for all that can be seen is the barren earth, covered with thousands of gaunt green stalks. That lovely lacy asparagus fern that most people associate with asparagus stalks only means that the stalks have gone to seed.

Asparagus grows very rapidly, many stalks are cut every day, and then the next day it has grown up again tall enough for cutting. It's one of those here today and here tomorrow things, while it's in season. If asparagus has good care, it grows like a weed. After it's cut, asparagus is tied in bunches usually weighing about two pounds. All the heads are placed at even length, then the bunch is put in a frame, and a sharp knife chops off the bottom of the stalks, so that the bunches are nice and uniform in length.

When the bunches are tied and cut, they're packed in pyramid crates. This crate is oblong in shape, and larger at the bottom than at the top. Sphagnum moss, which holds moisture for a long time, is packed at the bottom of the crates, to keep the asparagus stalks green and fresh.

Western asparagus comes mostly from central and southern California and Washington, although there's a little in Oregon and Arizona, too. When eastern asparagus comes into the market, it arrives from Georgia, South Carolina, New Jersey, and some from Pennsylvania and New York. Illinois and Michigan supply middle western markets. As for food value, asparagus contains Vitamins A and C and some iron. Its flavor is unsurpassed, and when the homemaker sees fresh green asparagus in the market...she knows it's spring.

NO-POINT---LOW-POINT COOPERATION

To eat more of the plentiful foods...fewer of the scarce foods...that's what the "No-point Low-point" food campaign means to the homemakers. In order to be able to share our precious food supply, it is necessary that home front meals be centered, as far as possible, around the foods that are plentiful. And now, during the spring, there is a wide choice of fresh fruits and vegetables to add to the list of foods that have been plentiful during the winter months.

Fifty thousand restaurants, hotels, and industrial eating establishments are cooperating with the No-point-Low-point campaign...offering menu suggestions based upon plentiful foods. They've been so successful that hundreds of chefs in leading restaurants and hotels all over the country have submitted special recipes, calling mostly for unrationed foods, or foods low in point value. Twelve of these recipes won prizes and are being reproduced in a booklet to be mailed to all hotels and restaurants in the country. The dishes look good, read temptingly, taste good and are nutritious and appetizing. The War Food Administration will give a special merit award to hotels, restaurants and other eating establishments that feature the No-point Low-point recipes in the folder, or, that create and feature their own special recipes for plentiful food.

Give your listeners suggestions on uses and various combinations of No-point Low point foods.

JAR AND JAR TOP JARGON

Home canning is just around the corner. To get best results, homemakers should give some thought to the types of jars that they will use, and the best ways to seal in the carefully processed fruits and vegetables. Proper sealing of the various types of jars, is important to the success of the home canning project.

There are five types of jars commonly used...each one with a slightly different sealing method. Specifically, here they are:

Zinc porcelain-lined cap with shoulder rubber ring...to fit standard Mason jar.

When canning: first wet rubber ring on jar shoulder, but don't stretch more than needed. Fill jar, then screw cap firmly and turn it back 1/4 inch.

After canning: as soon as jar is taken from canner, quickly screw cap down tightly to complete seal.

Lightening-type jar is sealed with glass lid and rubber ring, held in place by wire bail.

Then canning: wet rubber ring is put on ledge at top of empty jar. Fill jar. Put on glass lid. Push long wire over top of lid, so it fits into groove. Leave short wire up.

After canning: as soon as jar is taken from canner, quickly push short wire down to complete seal.

Glass lid and top seal rubber ring, held in place by metal screw band, to fit standard Mason jar.

When canning: before jar is filled, fit rubber ring on glass lid. Fill jar, put lid on rubber side down. Screw metal band on tight...then, using thumb as guide, turn back almost a quarter turn, so that band and jar just mesh together. If band is screwed too tight, jar may break.

After canning: as soon as jar is taken from canner, band should be screwed down tightly. The next day, the screw band should be removed if it can be done without force. If the band sticks, it may be covered for a minute or two with a hot damp cloth. This will loosen it.

Flat metal lid edged with sealing compound, held in place by metal screw band to fit standard Mason jar.

When canning: jar should be filled, and lid put on so that sealing compound is next to glass. The metal band should be screwed on firmly. This lid has enough "give" to let air escape during the canning.

After canning: this is a self sealer. It should not be tightened any further, for if it is, the seal might break. Next day, when the jar has cooled, the screw band should be removed, without forcing. If it sticks, should be covered by a hot damp cloth, to loosen it.

Coffee or other commercial jars...with flat metal lid edged with sealing compound, bought new. Held in place by metal screw cap that comes with jar.

When canning: the jar should be filled, and the lid put on so that the sealing compound is next to the glass. The metal cap is then screwed on firmly, but not hard enough to cut through the compound. This lid also has enough "give" to let air escape during canning.

After canning: this is a self sealer. It is not necessary to tighten further, as seal may be broken.

KEEP THOSE PRICES DOWN

There's tangible evidence that ceiling price regulations are keeping price levels stable and preventing them from soaring to the heights they attained during the first World War.

Maybe it's hard for homemakers to realize, but they are actually paying less for food these days than they did in 1914. That's because in April of last year, the President issued the "hold-the-line" order... And if homemakers who buy the family food do their part, and refuse to pay more than ceiling prices, there's little chance that food prices will be higher than they are now.

Let's prove our point...let's look at food prices during the last war, and compare them with food prices today. Perhaps the greatest difference for purposes of comparison, are the prices of sugar. At the peak of World War 1 homemakers paid twenty seven cents a pound for sugar. Today they're buying it for about seven cents. Eggs had a spectacular rise in World War 1 too. Then they zoomed in price from thirty cents a dozen to about ninety three cents. Today they average around 44 cents. Butter is another commodity, that, while it has been rather scarce, has been fair in price. Last war homemakers paid ninety five cents a pound for it.

Today's homemakers know that it will stay around fifty cents. In World War I bacon was fifty nine cents a pound...now it's around forty two cents. All down the line there are comparisons like these to be made...some greater in range, some less, but adding them up it is apparent that it is costing the homemaker less today to feed her family than it did during the height of World War I. These ceiling prices vary slightly in different communities.

Now if she does her part, and watches ceiling prices...refuses to pay more than the price posted plainly at her grocers, she can feel reasonably sure that food costs will remain at their present level.

STORE SURPLUS EGGS AT HOME

The War Food Administration has asked that homemakers buy all the eggs possible during this high production season (Round-Up March 31). The homemaker can do her part by buying more eggs than she needs, and storing them at home. This is also an economy measure against the time when eggs are not so plentiful.

Putting eggs down in water glass is the old reliable method of preservation used for generations both on farms and in cities. The homemaker may buy water-glass or sodium silicate at her drug store. It is a clear liquid, and one quart is enough to preserve 14 or 15 dozen eggs. Here is the method of waterglass storage. Clean and scald a crock or galvanized can of five gallon size or larger. Into it pour nine quarts of water which has been boiled and cooled. Stir in the quart of waterglass. Put the eggs into this solution...but carefully, so that the shells will not be cracked. Make sure that the liquid is an inch higher than the eggs at all times. More eggs may be added and more solution too. Waterglass seals the pores of the egg, and keeps spoilage organisms out. As a matter of fact, it seals so thoroughly makes them glass eggs really...that when the homemaker boils them she should remember to prick the shell with a pin when she takes them out of the solution, months later. Otherwise they will crack and leak in the hot water.

Mineral oil seals the pores of the egg, too. It originated with commercial produce men, and it is a very simple and inexpensive method. The homemaker can buy mineral oil at her drug store too...and she should ask for lightest grade. Eggs dipped in heavy mineral oil are greasy and collect dust. The oil should be heated to a medium temperature...that is, comfortable when fingers are dipped into the warm oil. Then the eggs are put into a wire basket and dropped into the warm oil. After this they're drained, packed into clean baskets or crates, and placed in a cool cellar. The cooler the better. This is a very easy method, and preserves eggs for several months, too.

Another easy method to preserve eggs is with "dry ice"...which gives off carbon dioxide gas when it melts. Two quart glass fruit jars are best for this method. Be sure the jars have rubber rings and screw tops. Put the rubber rings on the jars, then drop into each jar, two pieces of dry ice about the size of a walnut and add as many eggs as the jar will hold. Then the dry ice stops "smoking" and the jars filled with white vapor, screw the top on tightly and set away in a cool place. Then when the jar is finally opened, the eggs should be used quickly. The dry ice should be handled very carefully, however, because it can cause burns, and sometimes explosions. Dry ice should always be handled with tongs or paper, so that it does not burn the skin. Ice cream plants and many ice cream stores will sell dry ice at a small cost.

Although all storage methods will supply homemakers with cooking eggs for a number of months, eggs so preserved do gradually lose their freshness. The very best method of storing eggs so as to maintain quality, is to freeze them. This, however, is possible only if there is a freezer locker fairly near where the family lives or if the family has a freezing cabinet of its own. In this method, the eggs are removed from the shell, and may be frozen as whole eggs or the white and yolks separated before freezing. Because eggs are not frozen individually this method makes it less practical for the housewife who wants to use only an egg or two at a time.

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
in three west coast wholesale markets

PORTLAND

Asparagus is increasing in supply and the prices are lower. Some eastern Washington asparagus has been coming to market, but it will be several weeks yet before the receipts will be sufficient to meet the local demand. Recommended vegetable buys include cabbage, carrots, cauliflower, spinach, potatoes and lettuce. Peas show a wide range in quality and price. Rhubarb shipments are increasing. As the hothouse rhubarb goes out of the picture, the field grown variety becomes sufficient to supply the demand. Green onions from The Dalles and other mid-Columbia points are arriving in large quantities.

The demand for strawberries is steady, but the supply of berries from Louisiana is light and high in price. Most of the grapefruit offerings are from Arizona. Oranges and apples continue in light supply with prices holding at the ceiling.

SAN FRANCISCO

On this market also, receipts of asparagus have been increasing steadily during the past week and prices have declined until this vegetable is one of the best buys on the market. The season is approaching its peak and the quality is generally good. Both the green and white type are available. Artichokes are now available in liberal quantity and prices are considerably lower than a week ago. The most desirable specimens are compact, heavy and yield slightly to pressure. Field grown rhubarb from Alameda County is being offered in moderate supply and prices are slightly lower. The hothouse type from the State of Washington is scarcer and prices have advanced slightly. Peas are beginning to come in from several counties of the Bay Area and the wholesale price is slightly lower than last week.

Recommended vegetable buys are cabbage, carrots, lettuce and celery. Onions are more plentiful.

Oranges, grapefruit and avocados are in moderate to liberal supply. Apples have advanced slightly since the new ceiling prices went into effect.

LOS ANGELES

According to wholesale price levels, the best buys are beets, turnips, spinach, chard, mustard greens, carrots, cabbage, rutabagas, romaine and endive. Asparagus receipts are increasing and prices are slightly lower. Potatoes are in moderate supply. Mexican tomatoes descended in price this week and the supply is adequate.

Apples are in light supply. Citrus fruits continue plentiful with prices unchanged. Avocado arrivals are adequate with prices unchanged.

INSTITUTE FOR EDUCATION BY RADIO

The Institute for Education by Radio at Columbus, Ohio will be held this year from May 5 to 8 inclusive. The joint session Saturday, on homemaking and agriculture will cover "Food In '44" by Keith Himebaugh, Director of Information, War Food Administration. His remarks will be followed by panel discussions on "Commercially Sponsored Radio Service to Homemakers and Farmers" "Television and FM---How will we use these developments in service to farmers and homemakers?" and "What can we learn from EBC farm and home broadcasts?"

The schedule for the Sunday morning session for those handling women's radio programs will include "How Homemakers Fit Into The Food Picture" by E. O. Pollock, regional director, Midwest Region, Office of Distribution, War Food Administration. "Radio Interprets the Food Picture For The Homemaker" by Ann Hagen, Office Of Distribution, War Food Administration, and "Food In '44 -- Preservation and Use", by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, USDA. The above talks will be followed by discussions. The morning session will be concluded with a panel discussion led by Elinor Lee, director of women's programs of WTOP, on "Commercial Radio Service to Homemakers".

FEEDING UNIT AT SHIPYARD

In line with the War Food Administration goal for industrial feeding facilities that will serve five and one half million more workers on the job in 1944 is the new fast-feeding unit put into operation recently at the San Francisco shipyard of the Bethlehem Steel company. The unit serves hot meals to employees at the rate of 100 a minute.

Four additional fast-feed units are now being constructed at strategic locations in the Bethlehem yard. The five units are planned to provide meals for 4,000 employees within 10 minutes after the lunch whistle blows. According to plans, the food is to be prepared in a central kitchen and transported to each location in insulated containers. Before the lunch whistle blows, individual plates are prepared and placed in heated and humidified cabinets from which each worker serves himself. Workers pass in front of the cabinets in a short in-and-out line after depositing the price of the meal in a "pay as you go" turnstile.

When the first unit at the Bethlehem shipyard opened, Dr. Robert S. Goodhart, chief of the WFA Industrial Feeding Division at Washington, watched 350 shipyard workers get served in only five minutes. He said, "This fast-feeding service is one of the best solutions I have seen for a major industrial feeding problem --- how to serve large numbers of shipyard workers rapidly enough to give them time to eat and really enjoy a hot mid-shift meal."

Delegates from other California shipyards have visited the new fast-feed unit since it went into operation to see if it is the answer to their own in-plant feeding problems. Time and space limitations are major obstacles to installation of feeding systems in many industries. The new Bethlehem unit promises to overcome both difficulties, yet it serves a hot meal on a par with restaurants or cafeterias.

VICTORY GARDENS AND SCHOOL LUNCHES

Victory gardeners are on the march again. The national goal is 22 million gardens, which is two million more than last year. Victory gardens in connection with schools can provide a wider variety of foods and at the same time permit a saving of ration points and money.

The three-acre garden of the public school at Simms, Montana, which for several years provided vegetables for the school lunch program, last year set a record by producing more food than was needed in the lunchroom. The harvest last fall resulted in 4,000 pounds of potatoes, 2,000 pounds of carrots, 1500 pounds of rutabagas, 2,000 pounds of parsnips, 300 pounds of cabbage, 300 pounds of squash, 200 pounds of dry beans and 200 pounds of onions. This harvest was shared with Simms townspeople and the service men's canteen in Great Falls.

Out of a total enrollment of 236 pupils in both the elementary and high school at Simms, about 175 students eat their lunch at school each day. Most of these children come by bus to school, some as far as 20 miles away.

Simms school is one of the 136 schools in Montana receiving financial assistance from the WFA's Office of Distribution in the purchasing of certain foods required to serve a wholesome lunch at school. 13,031 Montana children are being benefited. The financial assistance is based on the type and number of meals served. The labor, equipment, maintenance costs plus any extra food purchases are taken care of by local sponsors.

Though Congress has not made a final decision concerning the continuation of the WFA-Community sponsored school lunch program during the next fiscal year, funds already appropriated through June of this year will not be affected, according to the WFA's Office of Distribution. All contracts made prior to the end of June between the Office of Distribution and school lunch sponsors will be carried out, and the sponsors will be fully reimbursed.

In the nine western states (Arizona, California, Nevada, Oregon, Washington Idaho, Montana, Wyoming and Utah) there are 2,721 schools and 363,047 children participating in the community school lunch program.

RATIONING DATES

Processed Foods

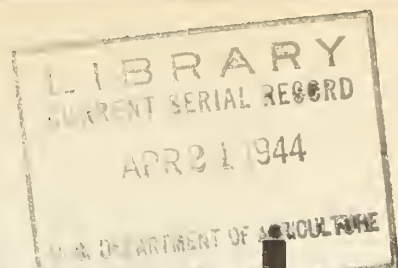
Book Four: Blue stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8 and K-8, each valid at 10 points, indefinitely.

Meats, Fats and Oils

Book Four: Red stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8 and J-8 valid for 10 points each, indefinitely.

Sugar

Book Four: Stamps No. 30 and 31 each valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945. Extra sugar for canning, up to a maximum of 20 pounds, may be obtained by application at your ration board.



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
April 15, 1944

I N T H I S I S S U E

VICTORY GARDEN SEED....War food effort is protected by the Federal government rule which requires everyone who ships seed in interstate commerce to label it as to germination and amount of weed seed it contains.

SALVAGE THOSE FATS....Left-over fats turned in at the grocery stores are needed for war uses and in the making of soap. They replace the coconut and palm oils formerly imported from the Phillipines and East Indies.

RATIONS FOR HEAVY WORKERS....Loggers are the first workers in heavy industry to get additional food points for meat, fat, processed foods and sugar.

NO-POINT LOW-POINT FOODS....Taking the pressure off less plentiful foods is made easier these days as fresh vegetables increase in supply on western markets. Eggs continue as the most plentiful of the protein foods.

CLEAN PLATE CLUB....No dues necessary to join this club where membership is based on the pledge to save food.

US Department of Agriculture
Food Distribution Administration

WHAT'S IN THE MARKETS

Fresh fruits and vegetables currently available
in western markets

Homemakers can help the war food program by cooperating with the no-point, low-point campaign. The abundant foods across the country are varied enough to mean a healthful diet for every American, and are greatly supplemented by the increasing supplies of fresh vegetables now available at grocery stores. At this time good nutrition and economy can be practiced by using such items as carrots, beets, turnips, cabbage, peas, asparagus, Irish potatoes, spinach, lettuce and salad greens. Citrus fruits and avocados are about the only fruits as yet with apples and strawberries in light supply.

PORTLAND

Vegetable bargains---and in abundant supply---are carrots and spinach. Asparagus both homegrown and from the Delta region of California is selling at about the same price as last year. Supplies of this spring green vegetable are liberal. Other recommended buys include cabbage, cauliflower, lettuce, peas, Irish and sweet potatoes. Rhubarb is plentiful and lower in price than last year.

SAN FRANCISCO

Low prices, liberal offerings and generally good quality make asparagus one of the best vegetable buys. Artichokes are also plentiful. Other vegetables in favorable price range include carrots, celery, Italian squash, potatoes, and peas. There has been little change in the fruit situation with apples, oranges, grapefruit and avocados available in moderate to liberal supply. A few strawberries have appeared on the market but are still in the luxury class.

LOS ANGELES

According to wholesale prices, the best vegetable buys are carrots, cabbage, beets, turnips, rutabagas and spinach. In moderate supply are celery, peas, asparagus, artichokes, sweet potatoes, cauliflower and lettuce. Receipts of white summer and Italian squash are increasing with prices declining. Onions continue in light supply with some new crop onions beginning to arrive from Texas and Mexico. Rhubarb is light and the price fairly high. Citrus fruits and avocados are plentiful. Strawberry receipts have increased but the price is high.

OTHER NO-POINT, LOW-POINT FOODS

Eggs
Canned grapefruit juice
Frozen vegetables
Peanut Butter
Lard
Pork
Prunes and raisins
Variety meats

Canned green and waxed beans
Citrus marmalade
Grain products
Breakfast foods
Soya products
Frozen baked beans
Dry beans

CLEAN PLATE CLAN MEETS IN WASHINGTON

Three charter members of the Clean Plate Club of America---John and Margot Chinook, and their mother...were honor guests at a meeting of the young Clean Plate clubbers of Washington, D. C. last week. After lunch, John and Margot told the assembled guests how their father, Lt. Commander Chinook, started the club, right after Pearl Harbor.

It all began one day at dinner, when both Johnny and Margot helped themselves to too many scrambled eggs, and then asked to be excused because they couldn't eat them all. Their daddy agreed to excuse them, but said it was too bad, because neither one of them could belong to his club. When the children wanted to know about the club, Father Chinook said loftily, "You wouldn't be interested. It's only for people who eat everything on their plates."

Of course John and Margot were interested, and soon qualified as members of the Clean Plate Club. Then the children in the neighborhood wanted to join too. The club grew and grew, and today it numbers more than 5,000 members from forty six states and two territories. President Roosevelt is a member too.

Signing the Clean Plate pledge is easy. You simply promise not to leave any food on your plate, three times a day...every day until our world is back to normal again. There are no dues, no committees to work on. But the big responsibility is to eat everything on your plate and to never take more than you can eat. Not everybody can produce food...but everybody can save it...and being a member of the Clean Plate Club is telling the world that you're doing your part.

PLEASE PASS THE POTATOES

Fresh off the press is a new Department of Agriculture leaflet called "Potatoes In Popular Ways". This contains a number of recipes for potato dishes, and will be a great help to the homemaker who wants to help use as large an amount of the abundant potato crop as possible. She has baked, boiled, mashed and French fried potatoes, and is looking for more ways to serve this good cheap energy food.

The homemaker knows that potatoes pack a lot of good food value under their brown coats. They contain a good supply of Vitamin C and some of the B Vitamins too, as well as iron and other minerals, and starch. Penny for penny, potatoes have more energy-giving value than any other vegetable.

The popular bugaboo about potatoes being fattening need not be true. One medium sized potato contains about one hundred calories...about the same amount as an apple or a banana. It's what the homemaker adds to the potatoes that makes the calories pile up. Lots of butter or gravy for instance, steps up the caloric value of potato dishes.

The new leaflet gives a great many ways to prepare potatoes...as well as many tips about getting the best out of this staple vegetable...now so abundant. You and your listeners can get copies of "Potatoes In Popular Ways" by writing to the Department of Agriculture, Washington, 25 D. C., and asking for publication AWI-35.

MORE ABOUT THE BOYS

What sort of food do our boys dream of, out in the war theatres across the world? Well, according to Colonel Paul Howe, the director of the Nutrition Division of the Surgeon General's Office, it is "Good old American vittles".

In a six months' jaunt to the theatres of operation in England, Italy, North Africa, Egypt, Iran, the Persian sector, India, China and Burma, Col. Howe observed G. I. Joe in eating action, and told a Washington press conference what Joe likes and doesn't like, and the sort of food he will want most when he comes back home.

First and foremost, G. I. Joe wants good plain food day in and day out. He doesn't care about vitamins and calories as such, nor does he stop to compute the amount his chow contains. He takes it for granted that somebody in the kitchen has attended to the nutritive value in his food. And he's right. They have. G. I. Joe likes fresh meat, too. He gets his fill of canned meat but he eats it cheerfully, all the same. And he likes the good crisp, brown "army issue" bread, and fresh butter. Sometimes, when there isn't any refrigeration, there isn't any butter...but the bread is still a favorite with Joe. He believes in condiments. If his mess cook has ketchup, baking powder, and spice, he can whip out something a little out of the ordinary, and produce some variety, although for the most part Joe likes good plain food much more than fancy touches.

Salads are part of the daily mess. Joe eats them but they're not one of his favorites. Yet, when he comes home to Mom, he will miss salads if she doesn't serve them. Native food, which he sometimes ventures to eat, is, and will remain just a sort of wry experiment to Joe.

Col. Howe praises army cooks, who operate under difficult conditions. Gasoline stoves are the order of the day in combat zones. When all the gas is needed for motors, the cooks and their stoves must get along with a bit of paper, a little kindling, and sometimes in India and Persia, some charcoal. But these are just problems that cooks and soldiers take in their stride, and solve with good results.

The purpose of Col. Howe's visit overseas was to test the success of the 10-in-one ration in England. Round-Up carried the story of the 10-in-one and all other army rations in the March 25th issue.

USE AN EXTRA DOZEN

Egg production is still high, and this year we want to avoid the customary after Easter slump in retail demand. Eggs are expected to be with us in quantity until the middle of May. So it's up to the homemaker to use them.

Using more eggs is not a difficult task...in fact, it has pleasant possibilities. Suppose every family used just one extra dozen eggs this week...that would be thirty million dozen more eggs used...360 million eggs.

It's so easy to use a dozen eggs...let's think about it for a minute. Let's take an average family of four, with a dozen extra eggs to use. Six eggs can go into the making of a sponge cake. Sponge cake is feather light and delicious...takes very little sugar and no fat.

Then, the other six eggs could go into a main dish, scalloped eggs and macaroni. Now, that's one easy way of using an extra dozen eggs. Here's another. Use four hard cooked eggs for sandwiches in school lunches. Four more make a meringue for frozen strawberries (now point free) as a special dessert. Hot bran muffins for breakfast will use two more eggs; and the last two, hard cooked, will garnish a dish of spring greens.

There are many easy ways to use a dozen eggs. Poultry farmers have worked overtime...the hens have given their all...can the homemaker do less than rise to the challenge.

PEACH PERFORMANCE

Peach prospects for 1944 in ten southern states and California, despite the cold weather in the first days of April, are better than last year. All indications at present point to a material increase over last year's crop.

Peach trees in the southern area bloomed pretty heavily, but freeze damage in some states thinned the crop prospects, and in some cases reduced it to a complete loss. In Georgia, northern Alabama and the important Spartanburg, S. C. peach area, the damage was extensive. However, in southern Alabama and south Georgia a fair to good crop is indicated. In North Carolina the damage was variable but a fair crop is expected from that region. Although freeze losses in Virginia were pretty general, from all indications enough peach blossoms have survived to produce a good crop.

Of course it is still too early to predict accurately the amount of peaches that can be expected. Cold weather...perhaps further freeze...storm conditions...all the vagaries of weather that make or break a crop are unpredictable. However, from where the experts sit, and at this time, a peach crop that is somewhat better than average and materially larger than that of last year, can be expected.

HEAVIER FOOD RATIONS FOR HEAVY INDUSTRY

Loggers need more food, and beginning May first, they're going to get it. The Civilian Food Requirements branch of the War Food Administration, which looks out for civilian food needs, recommended that workers in heavy industry get additional food rations.

To date, the order for supplementary rations for heavy workers affects loggers only...mostly those who eat at logging camps and other on-the-job eating places in the logging industry. However, there will be extra food for loggers in isolated areas, too. Nutrition experts say that loggers need more food calories every day than workers in any other industry because of the nature of their work. Then working conditions are such as to make an average of 5500 calories a day necessary for loggers. An average moderately active man needs only about 3000.

The new program will give loggers more meat and fat points, more processed food points and more sugar per man per month.

The Civilian Food Requirements branch is working with OPA now to determine the food requirements for workers in other heavy industries. As soon as a decision is reached, supplementary rations for on-the-job feeding will be provided for them, as well.

KEEP ON SAVING WASTE FATS

Many homemakers are wondering why they should continue to turn in salvaged fats. "If there is enough lard to make it point free", they reason, "why should we continue to save waste fats?" And that's a fair question, entitled to an answer. Here it is:

There is no real connection between the lard situation and the fat salvage. Lard was taken off the ration list because of the all-time record hog slaughter. That meant that there was an abundance of all pork products...including lard. Ordinarily surplus lard would be set aside, but storage space is urgently needed for other things, and there just isn't enough room to store all the surplus lard. So...it was made point free for the time being even though in the long run the lard supply is still short. Salvaged fat is an entirely different story, and takes the place of fats and oils that are vitally needed, and were formerly imported.

Before the war, the United States was the biggest importer of fats and oils in the world. Now it is one of the biggest exporters. This happened because it was impossible to get all the fats and oils it depended upon from other countries. So, it became necessary to get busy and increase the production of our own oils. A case in point is the huge quantity of coconut and palm oils that came to us from the Phillipines and East Indies. This oil was especially adapted to the making of soap. We still get some of this oil but not enough to make soap and take care of industrial purposes, too. As far as the total supply was concerned, the deficit was replaced by soybean and linseed oils. Soybean and linseed oils, however, cannot be used for making soap.

And that's where salvage comes in. Salvaged fats are very good for soap making...good too, for war uses such as cutting oils, lubricants, incendiary bombs and synthetic rubber. So that's why salvaged fat is important and why the homemaker should continue to save it.

SEED WISDOM

Every effort is being made to guarantee good seeds to the Victory gardener and farmer. In these critical days, there is no land, labor or time to waste in producing bad crops due to faulty seeds. By the same token, there isn't any seed to waste either. Good seed is needed...to be planted where it will produce the best crops.

There are a number of measures in force to protect the seed buyer. First, there's a Federal seed act that helps assure growers good seeds. It requires everyone who ships seed in interstate commerce to label it completely and honestly. The seed must be called by its right name and labeled as to germination, and the amount of weed seed it contains. Buyers should carefully study the information printed on the packages of the seed they buy.

All seeds sent to our allies under lend-lease are government inspected, as well as seeds sent to soldiers and sailors overseas for growing their own vegetables. In six seed testing stations across the country, samples of seeds are carefully tested for quality. All seeds imported from foreign countries are tested in these stations, too.

Two very good tips are offered to seed buyers. One: buy the variety best adapted to the climate in which they are to be planted. State experiment stations and county agents will give information about this. Two: buy only from reliable dealers and growers. A careless or dishonest dealer who sells faulty seed may cost the grower loss of his money, the use of his land, and the time of his growing season.

LET'S EAT MORE BEETS

For the next few weeks, beets should have an enthusiastic following among homemakers.

Almost a million and a half bushels of good quality fresh beets were produced in Texas and this crop is still moving to market. Another quarter million bushels are in prospect from Louisiana, Mississippi, the Carolinas and Virginia which will be harvested within the next two months.

Beets are usually packed in bunches. However, in order to save precious shipping space, some are riding to market in fifty-pound sacks, without tops. Explain to homemakers that these topless beets are just as fresh and tender as those wearing their green plumes.

To be recommended for food value, versatility and the addition of color and flavor, beets are a double feature buy. Both tops and roots are a pleasant addition to the family dinner table. The bright red of beet roots adds a brilliant spot of color to the menu, and the green tops add a good amount of iron and Vitamin A to the diet. Beet tops chopped raw, in salad, help out in the daily requirement of Vitamin C, too...

Beets were eaten long before the Christian era, and have been grown in many countries. The tops were used before people discovered the savory flavor of the roots. Beets grew wild and the green leaves were used first for medicinal purposes, later as food. About the Tenth Century in Germany and Italy, the root was found to be good to eat, and beets began to be cultivated.

Let's urge every homemaker to serve beets early and often, especially during the next couple of weeks.

RATIONING DATES

Processed Foods

Book Four: Blue stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, and K-8, each valid at 10 points, indefinitely.

Meats, Fats and Oils

Book Four: Red stamps, A-8, F-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, L-8, and M-8 valid for 10 points each, indefinitely.

Sugar

Book Four: Stamps No. 30 and 31 each valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945. Extra sugar for canning, up to a maximum of 20 pounds per person, may be obtained by application at your ration board. Be sure to attach Spare Stamp No. 37 for each person applying.

1944 FOOD PROGRAM

A recent review by the War Food Administration points to increased requirements this year among practically all claimant groups for many of the most important foods. Percentage increases cited are: meat, 6 percent; dairy products 3; edible fats except butter, 11; eggs, 4; potatoes, 14; canned vegetables, 8; and canned fruits, 7. Production in 1943 was nearly 1/3 greater than the pre-war average (1935-39), and farmers are endeavoring to increase the crop acreage in 1944 and to continue heavy production of meats, dairy products, and eggs--although even this will not meet mounting requirements. Food shipments to Russia will be slightly greater than last year, and to the United Kingdom about the same as last year--these shipments in both cases supplying only a part of the need. Procurement for military and lend-lease purposes in 1944 will take about 1/4 of total U. S. food production.

WFA allocations of food indicate need for military use and export of: All dried eggs; substantially all dehydrated vegetables; more than 1/2 the dried fruit and dehydrated soups; nearly 1/2 the canned fruits and canned juices, except citrus; nearly 1/2 the dry beans; nearly 2/3 the dry peas; and about 1/2 the milled rice; the larger share of dried milk, about 1/2 the evaporated milk, nearly 1/2 the cheese; about 1/3 of the pork, lamb, and mutton; about 1/4 of the beef, and 1/5 of the veal -- an average of about 30 percent of total allocable supplies of such meats.

To civilians: About 3/4 the butter, which represents about 1/4 less butter than the 1935-39 average; about the same number of eggs as in 1943; less of some fruits--partly offset by larger supplies of citrus fruit. Program calls for stabilization of civilian fluid-milk consumption at about the level of last June; fluid milk consumption has, however, increased steadily since war began. Pork, lamb and mutton, beef and veal for civilians will be about the same as in 1943. Civilians have been getting slightly more food than they received before the war despite our increasing military and export needs.

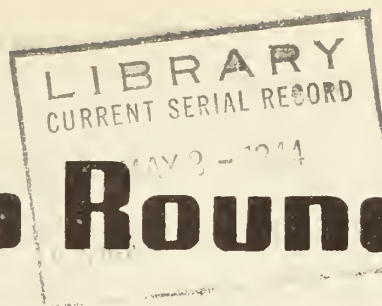
LOSS THROUGH SPOILAGE SMALL

The WFA today spiked rumors of heavy spoilage in the movement of perishable agricultural commodities to San Francisco Bay "shipside" for prompt dispatch to lend-lease recipients and military forces overseas, in a statement that such spoilage is below "peacetime normal".

Extent of the activity is evidenced by figures covering a 90-day period, in which 942 carloads of agricultural commodities--74,000,272 pounds of foodstuffs --were received for delivery at shipside to claimant agencies under lend-lease.

"Misinformation on government food spoilage has been general," said the WFA. "The fact is that of this 72 million pounds only 63,761 pounds, or eight hundredths of one per cent, were rejected on arrival. Rejection was due primarily to damaged containers, with some cases of improper icing en route."

Pointing out that American railroads are carrying the largest freight volume in history and utilizing inexperienced help, the WFA said the low spoilage record is a credit both to the railroads and government transportation divisions.



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 22, 1944

I N T H I S I S S U E

LEND-LEASE BIRTHDAY....Three years ago this month the first shipment of food went to the United Kingdom under the lend-lease act. Since that first cargo of shell eggs, the variety of foods shipped has increased. Of great importance to our soldiers abroad is the food received under the "reverse lend-lease" program.

EGGS AROUND THE WORLD....Since 1000 B. C., eggs have been a popular food. First hens in America were game leghorns direct from Italy. Now 90 percent of America's farmers produce eggs.

FOODS IN THE NEWS....Tips on the preparation of beets and carrots now on the plentiful no-point food list. Recommended vegetable buys for western homemakers also include cabbage, turnips, Irish potatoes, spinach, asparagus and lettuce.

FIFTY YEARS OF FOOD RESEARCH....The Department of Agriculture is celebrating its golden jubilee in the study of human nutrition. Research has been carried on to learn what foods and what methods of preparation furnish the most economical and healthful diet.

US Department of Agriculture
Food Distribution Administration

WHAT'S IN THE MARKETS

Fresh vegetables that are recommended buys this week because of their abundance on western markets include carrots, beets, turnips, Irish potatoes, cabbage, spinach, asparagus and lettuce.

LOS ANGELES: Best buys on the market according to wholesale prices are carrots, beets, spinach and rutabagas. Asparagus is in moderate supply with the price the same as a week ago. Peas are slightly lower. Celery shows a wide range in quality and price. The new crop local onions have started to arrive, but supplies are light and sell at the ceiling. A few new snap beans are starting to arrive from Coachella Valley. Banana squash is still available and receipts of white summer and Italian squash have increased. Artichokes have dropped considerably in price. Cauliflower and lettuce are in lighter supply and slightly higher than a week ago. Rhubarb is in moderate supply at a reasonable price.

Fruits at this time of the year are in light supply with the exception of citrus... oranges, grapefruit and lemons remain at the same prices.

SAN FRANCISCO: Carrots, artichokes and asparagus continue to be best buys on the fresh vegetable market. The latter two vegetables are at the peak of the season and are liberal in supply. New potatoes from Kern county are arriving in increasing volume and prices are declining. Old potatoes have shown a slight advance in price. Italian and summer squash continue to decline in price. Receipts of lettuce from nearby areas are becoming heavier with wholesale prices lower.

Offerings of large size oranges are limited but are expected to increase after the new and higher ceilings become effective the first of May. A few Valencia oranges are arriving from Arizona and the San Joaquin Valley.

PORTLAND: Rhubarb, spinach, carrots, peas, beets and cabbage are on the week's best buy list. New crop potatoes from California are in liberal supply and prices have declined. Prices on the old crop hold steady. Asparagus supplies were lighter as the result of cooler nights in northwestern producing sections.

Orange supplies are light with prices at ceiling. Grapefruit in moderate supply and slightly higher than last week.

RATION POINTS ON LAMB

Ration points on spring lamb like the lambs' tails have been docked. Ewes and lambs need green feed to round out the usual lamb crop. Light rainfall in California has resulted in very poor pastures. To make the most of the present lamb crop, marketing and consumption of lamb needed to be increased. So ration point values were lowered in California for practically all cuts of lamb. The period for reduced values is indefinite. Despite increased slaughtering now, the total lamb crop to be slaughtered by July 1944 is smaller than that of last year. Even so, this slaughtering is necessary because of the lack of adequate pasture.

GOLDEN JUBILEE

This is a year of special anniversaries. Movie goers during April were reminded that the motion picture industry has flicked off the fifty-year mark. Your home forum listeners might be interested to know that this year is also a golden anniversary in the science of human nutrition.

Just fifty years ago the United States Department of Agriculture began its first study of human nutrition with a ten thousand dollar grant from Congress. From that start, in time, came an Office of Home Economics, then a Bureau of Home Economics and now...with accent on nutrition...the Bureau of Human Nutrition and Home Economics.

To a pioneer in the government's study of nutrition science, Dr. W. O. Atwater, goes the credit for a good beginning. In fact, so comprehensive and clear was Dr. Atwater's blueprint for nutrition research that today much of the foods and nutrition work in the Bureau of Human Nutrition and Home Economics stems from that plan. Some of his goals were to find out what food the body needs, what nutrients and how much of them different foods contain, and how the body uses these nutrients. Dr. Atwater thought it was important to learn what foods and what methods of preparation furnish the most economical and healthful diet. He was, indeed, a man of vision. To him, the fundamental question was, "How can national food production be made to yield best returns in economic progress and social welfare?"

With two of his research partners, Dr. Atwater designed the famous calorimeter, first of its kind for human nutrition research. In this copper-lined chamber, college students took exams, pedaled a stationary bike, and did other work with mind and muscle. While the students were doing this work, Dr. Atwater studied their metabolism and the quantity of energy spent. One of his young assistants, Henry C. Sherman is now chief of the Bureau of Human Nutrition and Home Economics.

EGGENTRICITIES AROUND THE WORLD

The old question about which comes first -- the chicken or the egg -- is still debatable. However, the earliest records we could find, mentioned the chicken. The story goes that in India domesticated fowls date as far back as 1000 B. C. America's first fowls were game leghorns direct from Italy, and certain derivatives of the Mediterranean breeds.

A popular diversion in several of the European countries used to be an egg dance. A number of eggs were arranged in a prescribed form on the dancing floor. Then one of the players was blindfolded and made to dance the best way he could. The object of the game was to see how complicated a dance he could do without breaking the eggs.

The average hen's egg is 2.27 inches long and 1.72 inches in diameter. If you were to buy eggs by the pound, you'd get about 8 eggs to the pound. Each one of these morsels of hen's fruit weighs around 2 ounces.

At the present time, eggs are produced in every section of the United States. In fact about 90 percent of the American farmers produce eggs.

The Chinese have two unique ways of preserving eggs. The simpler method of preservation is to put the fresh eggs in a strong brine for several days. Then they coat the brined eggs with a mixture of earth, salt and chaff. Several months later when the eggs are opened, they have similar characteristics to fresh ones. However, the yolks have begun to solidify, and a musty odor prevails.

The other method, which the Chinese use, preserves eggs so well that they're kept for any number of years. First, they're kept in a thick infusion of lime, salt, lye and tea leaves for at least three months. Then they're drained and coated with a mixture of clay and rice husks. The result varies with their age. When the eggs are about a year old, the yolk is brownish green and almost pasty. The white has turned pink in color and is of a stiff jelly like consistency.

Some of the eggs are kept a number of years. After about ten years the entire shell content is deep brown. Eggs at this age are regarded as a very special delicacy and used only for ceremonial occasions. The older they are, the more expensive they become.

A fresh shell egg is so important to the present day homemaker in England, that she uses it as a special Sunday treat. Usually she served it boiled or poached in order to keep it as big and solid as possible. Some English homemakers have a prejudice against frying the egg because it looks less substantial when it's flat. Now instead of having fresh eggs and bacon almost every morning for breakfast, fresh eggs are a rare treat--and served at the main meal of the day.

We hear that some of our post war planners are dreaming up a method so we will be able to buy eggs by the yard. This idea hasn't been perfected yet, but a patent has been obtained for a machine that will encase eggs in a rubber wrapping film. This film looks very similar to sausage casing that's on the market now. One of the advantages of the casing is that it will exclude the air, keeping the eggs better. Of course it will be some time before this process comes on the market, so in the meantime, keep urging your listeners to store their eggs, covered in a cool place.

FIRST AID FOR BLEEDING BEETS

Probably more homemakers would serve beets if they could keep this colorful vegetable from fading while cooking. Here's how to boil beets and keep their bright red color..leave on the long taproots and an inch or two of the stems. But if the water is hard the cook will have to take further precaution. Alkaline water causes beets to turn bluish, so the color-saving trick is to put a little vinegar or lemon juice in the water to make it slightly acid.

Boil beets in their jackets in salted water..about one teaspoon of salt to a quart of liquid. Using a lid saves fuel and time. It takes about forty five minutes to cook young beets until tender. A quick dip into cold water loosens the jacket on a cooked beet.

EAT MORE OATS

Although the price of a 20 ounce package of rolled oats jumped three cents a few days ago, the average cost of a dish of rolled oats is still less than a cent a serving.

Manufacturers required an increase to maintain adequate production of this basic food, in the face of substantial increases in the prices for raw oats since March 1942. The seven manufacturers who make practically all of the packaged rolled oats sold in this country use more than 40,000,000 bushels of oats a year, or almost four percent of the nation's output of raw oats. The cost of this ingredient represents about two-thirds of the total production cost of the finished product.

Considering the food value packed into a serving of cooked oatmeal, this cereal is still in the low price high food value class. An average serving for breakfast gives a person a good start on his daily food requirements. Oatmeal is a fine energy food, supplies some protein and a fair amount of iron and calcium, as well. This cereal is right there on the vitamin count too, with an offering of thiamin and riboflavin.

Oatmeal deserves frequent and favorable mention not only because it is on the abundant and unrationed list.

CARROTS BY THE CARLOAD

Crisp colorful carrots, sky high in Vitamin A, are awaiting the homemaker in great abundance. Eleven and a half million bushels is the crop figure for the past winter and this spring....a wee bit under last year's production. But then last year there was a record all time high carrot crop.

Today's carrot tastes good....is fashionably streamlined...is bright in color...and high in nutritive value.

During the course of time, scientists have done much to improve the carrot. Hundreds of years ago, in England, carrots grew wild. Fashionable ladies used the feathery tops to adorn their millinery. Roots were used as cattle food, and not for human consumption. That isn't too surprising because it wasn't long ago that pale, yellow, lumpy carrots, strong flavored and often woody, were found on the market. Cows continued to like them, however, and still do.

Plant scientists have worked wonders with carrots. They bred longer tapering roots...eliminated hard and woody cores...worked for more tender carrots...and for ones that scraped more easily. Now they're breeding carrots that are deeper in color...a bright even orange throughout.

Nutritionists say that generally a deeper orange color means more Vitamin A. And there is a great amount of that important vitamin in carrots, as well as small amounts of thiamin, riboflavin, and calcium.

As far as the homemaker is concerned, the carrot is a vegetable of all trades in the kitchen. For salads, stews, soups, sandwiches, vegetable dishes it is equally successful. Children love to nibble on raw carrots...a very good way to eat them. Homemakers find that a bunch of carrots in the refrigerator is often a life saver...often, too, a source of inspiration. Now is the time to serve carrots for the quality and supply is good.

-6-

LEND-LEASE HAS A BIRTHDAY, TOO

Three years ago this month, a British ship left Baltimore carrying the first lend-lease shipment of food. At that time the United Kingdom's food supply was at a critical low. Protein food, especially, was vitally needed. So this first historic cargo was made up of shell eggs.

Lend-lease foods have changed considerably since the spring of '41. Early in the program, dehydrated eggs replaced the shell variety. When food is dehydrated it does not require refrigeration and one ship will carry as much as six ships. More recently, the use of compressed dried eggs was instituted as a further space saver. Compressing egg powder reduced the volume thirty percent.

Since the first shipments three years ago this month, the lend-lease cargo list has expanded. In addition to eggs and cheese, lend-lease shipments today include a variety of dehydrated vegetables, dried fruits, concentrated citrus juice, dried skim milk, and meat, mostly pork.

On this anniversary of the first lend-lease shipment to the United Kingdom it is well to remember that there is a "reverse lend-lease" program in operation too. The United Kingdom is supplying our troops with substantial quantities of foodstuffs such as meat, flour, dairy products, bread, potatoes, fresh vegetables, coffee and cocoa. And husky longshoremen of Australia load many a ship with food for our boys in the South Pacific...food that would be hard to ship long distances such as fresh fruits and vegetables. If Australia and England were not providing millions of pounds of food for our soldiers we would have to send it. But since we are closer to England than Australia is and since Australia is closer to our men in the South Pacific, the present arrangement is the only sensible one. The expression "Teamwork Will Win The War" is nonetheless true for being trite.

MORE WAR WORKERS WILL BE "EATING IN"

Time was...when "Money made the mare go". Now in many war production plants a bag of gold can not buy a hot lunch. Poor lunches have been blamed for many lost man hours. Before Pearl Harbor, 20 percent of industry had in-plant feeding. Present figures show that 35 percent are equipped now. By the end of 1944 the goal is practically 100 percent. Agreed...it's the right kind of food and enough of it that "makes the mare go".

The industrial feeding bandwagon is rolling right along gathering impetus with the formation and functioning of further committees from the national level to the plants themselves.

Good food...nutritious food, well balanced menus, service facilities and equipment on the job is the aim of the advisory service provided by War Food Administration regional specialists.

More food...without too many restriction worries...is the green light order from the Office of Price Administration called Amendment 46, RO - 5, which puts industrial feeding in a special class.

Cooks and helpers are to be assured by the War Manpower Commission where the industrial representatives declare such persons "locally needed".

Rapid service is promised if plants adopt the plans of the War Food Administration which are published by the Public Buildings Administration of the Federal Works Agency with the cooperation of WFA in a booklet, "War Plant Feeding Service".

Clean food is the responsibility of the U. S. Public Health Service who, along with state and local health departments, will recommend standards of sanitation.

Food for sure and for certain...is the job of the Labor Advisory committee which will make suggestions and encourage the cooperation of labor groups. In other words they oil the machinery.

*****GIVE SOYA MACARONI A BREAK*****

Macaroni and spaghetti have had a prominent place on the low-point no-point group of foods listed by the WFA. Now, in certain sections of the country macaroni fortified with soya is available.

The WFA has been instrumental in getting several new products on the market. Special emphasis has been directed to finding new uses for soya products because of their nutritional value. The most outstanding nutritional feature of soya is its high quality protein. Although macaroni already contains some protein, its principal role is to furnish energy in the diet. But with the addition of soya, macaroni becomes a good source of inexpensive but high quality protein, too.

Remind your listeners that macaroni fortified with soya can be cooked and used the same as plain macaroni. It's delicious in casserole dishes combined with meat, cheese, tomatoes, and other foods. One advantage of using soya fortified macaroni is that homemakers don't need to include as much of some of the scarcer protein foods such as meat and cheese in the dish to get the same protein value.

*****THE LEAN SIDE OF THE FAT SITUATION*****

Even though shortening, and salad and cooking oils have been given a point value of zero, homemakers should be urged to use these products conservatively. After all, the civilian allocation of fats and oils for 1944 remains unchanged. If homemakers draw too heavily now on the over all supply, it stands to reason that the allotment destined for the last part of the year will suffer.

Now, more than ever, it's a good idea to continue plugging the salvage of waste fats. Since more fats and oils are coming into kitchens, the salvage can should fill up faster. For copy on the need for fat salvage see Radio Round-Up issues January 22, March 13, and April 15.

PLENTIFUL FOODS DURING MAY

According to the War Food Administration the plentiful foods across the country for May place special emphasis on eggs, white potatoes and canned peas.

Other important no-point, low-point foods in good supply are oranges, canned green and wax beans, peanut butter, citrus marmalade, raisins and dried prunes, dry-mix and dehydrated soups, soya flour, grits and flakes, wheat flour and bread; macaroni, spaghetti, noodles, oatmeal and rye breakfast foods.

Frozen vegetables and fruits are expected to be in good supply where facilities for handling frozen foods exist.

HEN TURKEYS FOR BOYS OVERSEAS

To obtain about 8,800,000 pounds of turkey for American overseas forces, the War Food Administration restricted sales of hen turkeys in sixteen states on April 21. In the west, California, Washington, Oregon, and Utah are affected by this order. The hen turkeys which are usually marketed in spring will be sold only to authorized processors who in turn will slaughter and hold the turkeys for sale and delivery to U. S. Army quartermaster market centers. The amount required at this time is only about half the total poundage expected to be marketed during the next three months, and the order will be terminated as soon as the 8,800,000 pounds are obtained. Though the quantity of turkeys obtained under the present food distribution order will not be sufficient to meet all armed services needs this year, additional turkeys will be obtained when the 1944 crop comes to market.

RATIONING DATES

Processed Foods

Book Four: Blue stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, each valid at 10 points, indefinitely.

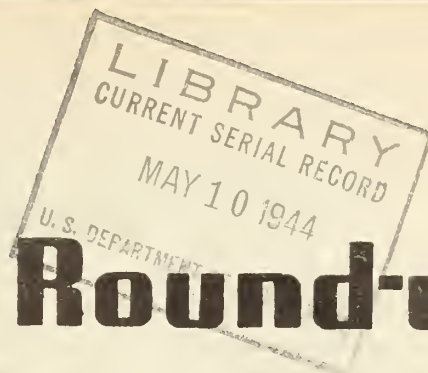
Meats, Fats and Oils

Book Four: Red stamps, A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, L-8 and M-8 valid for 10 points each, indefinitely. Salad oils and shortening carry zero point value, indefinitely.

Sugar

Book Four: Stamps No. 30 and 31 each valid for five pounds indefinitely. Stamp 40 valid for five pounds for home canning through February 28, 1945. Extra sugar for canning, up to a maximum of 20 pounds, may be obtained by application at your ration board.

Note: Applications for sugar for 1944 canning are already coming in to many local war price and ration boards, according to the Office of Price Administration. Unfortunately, many of these applications have the wrong stamp attached. The stamp which should be used is Spare Stamp No. 37 in War Ration Book Four, not Sugar Stamp No. 37.



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, California
April 29, 1944

IN THIS ISSUE

FRESH PRODUCE BUYS....Carrots, spinach and potatoes are in such quantities on western markets as to make them outstanding vegetable buys. The shortage of onions will soon be a thing of the past with prospective supplies of early crop onions in 1944 the largest in history.

MORE CREAM AND MILK BY-PRODUCTS....During May and June the homemaker will be able to increase her orders of cream, buttermilk, cottage cheese and chocolate milk because milk dealer quotas have been raised 25 percent.

PENTAGON CHEF RECOMMENDS FOOD VARIETY....To tempt the palate and tease the diner to eat every bite of food on his plate, Otto Gentsch, famous chef who now is production manager of the Pentagon cafeteria, recommends variety of food, color, shape, texture and flavor.

CHILD HEALTH DAY, MAY 1....Young people across the country will hold health forums this May Day. Discussions will center around food production and preparation.

US Department of Agriculture
Food Distribution Administration

- - - FOODS IN THE NEWS IN THE WEST - - -

ONIONS.....The early summer onion crop in California, Washington, Iowa, Oklahoma, Kentucky, Virginia and New Jersey looks now as if it will be 30 per cent over the 1943 acreage. Reports of late spring acreage in north Texas, Georgia and Louisiana indicate an increase of almost 5,000 acres over 1943. So with prospective supplies of early crop onions in 1944 the largest in history the WFA shipping restrictions on the remaining supplies of the 1943 crop have been terminated. Only a few hundred carloads of late-crop 1943 onions remain to be marketed, and restrictions in effect since last August 31 to assist dehydrators and the armed forces in meeting their requirements are no longer necessary.

BUTTER.....With the usual seasonal upswing in butter production, supplies have been built up to the point where there is enough to meet civilian demands at twelve points a pound. Margarine too has dropped four points.

Now that homemakers need count out only twelve red points for a pound of creamery butter, fresh spring asparagus, young beets and new potatoes can make their annual debut with a spot of butter and still leave enough for the breakfast toast.

CANNED

VEGETABLES...The new blue point value changes, give broadcasters eight new point free bargains to talk about. Stocks of canned tomatoes, corn, asparagus, beets, spinach, leafy greens, blackeye peas and garbanzo.... or chick beans....must be moved into the hands of consumers to make room in warehouses for new supplies...some of which are now in production. The movement of this stock will encourage the commercial canners to put up just as much food as possible.

CARROTS.....There is a temporary abundance of Imperial County, California carrots. Increased production, small requirements of dehydrators, insufficient tin and the already capacity operation of carotene extractors make these carrots plentiful on western markets. Broadcasters might suggest to homemakers additional uses of this versatile vegetable.

SPINACH..... In Portland, Oregon spinach is now one of the vegetables in heavy supply. In all other western markets the supply is adequate for demand.

POTATOES.... The new crop from Kern County, California is of good quality. Increasing shipments are adequate to reach all markets in the nine western states. Prices are declining.

- - - THE MILKY WAY - - -

Homemakers who've had to "milk" the familys' coffee or cereal lately will be glad to hear that delivery men in most cities can begin taking extra orders for cream as of today (May 1). The cream won't be any thicker than it has been, but for the next two months at least there will be more of it.

As you know, the War Food Administration had required milk dealers in all metropolitan areas to cut their cream sales to 75 percent of the quantity they sold in June 1943, and the same was true of chocolate drink, cottage cheese, and butter milk. This was done to conserve milk for making butter, American cheese, evaporated milk and dried milk. All these foods are very important to the home front, of course, but they are real food weapons to our boys on the war fronts who must get their milk nutrients from the manufactured dairy products. Milk in fluid form can't be transported overseas, you know.

These dairy products still are vitally needed and in growing quantities too, as more and more of our soldiers go across. But because so much milk will be produced during the next two months, the War Food Administration has decided to "up" civilian quotas temporarily. During May and June, dealers will be allowed to sell 100 percent as much cream and the various milk by-products..cottage cheese, butter, milk and chocolate drink..as they sold last June, and that was a record consumption month.

With manpower and container shortages limiting the amount of milk which processing plants can handle, the WFA wanted to make sure that none of the milk which will be produced during May and June would be wasted because of sales quotas. Quotas on fluid milk sales have not been raised---they'll continue at 100 percent of June 1943 sales. But if a dealer wishes to use some of his extra quota on cream and milk by-products to increase his fluid milk sales, he'll be allowed to do that in most cities. In other words, the dealer can distribute his extra allotment of milk solids, as the milk order puts it, in cream, by products or fluid milk, according to the demand of his customers.

Perhaps you're wondering why sales of milk and cream need to be limited at all during May and June in view of the fact that we're going to have so much milk. The answer is: These next two months, May and June, will give us our best opportunity of the year to manufacture a large portion of the dairy products which will be needed this fall and winter. Milk production always reaches a peak during these two months because the cows are out in pasture, and this year production promises to be heavier than usual. Therefore, if we keep some kind of lid on milk sales now, we can keep our milk consumption fairly high, and get the manufactured dairy products we need, too.

- - - "FROM MAY POLES TO ROUND TABLES" - - -

"To fetch the flowers fresh" at an early hour on the first May morning was Chaucer's notion of a perfect May day in the Middle Ages. Today May Day continues to connote gladness, new life, beauty, flowers, dance and song, but under the clour of war, May poles will be replaced by round tables.

President Roosevelt, as authorized by Congress in 1928, has proclaimed May Day to be Child Health Day. What could be more appropriate than to pay homage to health on the day we bow to beauty and new life. Without radiant health, beauty lacks lustre. With good health to build upon, a sparkling beauty, physical and spiritual can grow.

Recognizing the ability of youths to solve their own problems, President Roosevelt has recommended that young peoples gather everywhere in small groups "to consider how we can make our home and community life contribute in full measure to the building of bouyant health and valiant spirit in all our boys and girls." Thousands of forums, consequently, will be held where views may be aired and shared. Instead of choosing a queen of May, the young people will be selecting the chairman for a forum.

Food will receive considerable attention in these forums because young people have been increasingly aware of the direct effect of food upon health. Because of the need for greater food production, many discussions will center about Victory Gardens, harvest helpers, canning centers, food waste surveys, and the school lunch program.

With many mothers working in war plants, their teen age children are getting practical experience in buying groceries, planning and preparing meals. By talking some of these problems over with one another, both boys and girls will learn to take a broad view of the subject of food from its essentiality in war to the caloric value of a loaf of bread. The future health of the nation depends in large measure upon the information and understanding accumulated and practiced by the youths today.

- - - QUOTING THE PENTAGON CHEF - - -

Reducing food waste to a minimum is not an easy job but it can be done, according to Otto Gentsch, famed chef who today is production manager of the cafeteria system in the Pentagon, world's largest office building, in Washington, D. C. where 60,000 meals a day are provided for employees.

Mr. Gentsch, president of the Societe Culinaire Philanthropique in New York for more than a decade, emerged from retirement in mid-February to import to the Washington scene a background of culinary accomplishment unexcelled this side of the Waldorf. Born in Switzerland, he served in the culinary department at the Grand Hotel in Paris. From there he went to London and finally to New York, where he was executive chef of the Hotel Astor for almost 12 years.

Buying fresh vegetables and fruits and using them before they have time to deteriorate seems elementary, yet is most important according to this genius of the kitchen. Adequate refrigeration is not one of Mr Gentsch's worries in the modern Pentagon. Although perishables are given a cold reception, they are accorded warm consideration by twice daily visits from a man who culls out any inferior produce which might taint its neighbors. To sum up his comments: buy fresh, keep cold, and check often.

"Leftovers? We use them, of course," said Mr. Gentsch. "We change the appearance, the flavor and the name. That does the trick." When asked about the chances of leftovers spoiling, he said they carefully omitted from their menus food that would spoil easily if left over, or else they prepared small amounts of this type of food.

In introducing foods new to the clientele, Mr. Gentsch avoids waste by preparing only a small amount. If it isn't popular served in one way, he tries another method of preparation, always cooking less than may be wanted, rather than more.

"When people are hungry and the food is good, they eat it. We have practically no food left on plates," Mr. Gentsch assured his questioner. The discussion then turned to the reason why plates in New York Society cafes are not returned to the kitchen cleaned of their food. Certainly the food is "good to eat".

"The restaurants serve too much," said Mr. Gentsch "A woman orders a salad. She gets a big one--too big. She can't eat it all." The secret, in Mr. Gentsch's opinion, is to serve a variety of food at a meal and to serve small portions... a little meat, some vegetables, a small salad and dessert, if one wishes it.

Variety might be considered the keynote of Mr. Gentsch's recommendation for tempting the palate and teasing the diner to eat every bite. Variety of food and variety of color, shape, texture, and flavor will help to assure clean plates--the test of a successful meal.

- - - CAN YOU "BEET" IT? - - -

"It's all in the name", said a restaurant owner in a mid west town. Personally liking beets, he offered them frequently to his customers, under the menu name "beets in sour sauce". Orders were few and waste was considerable, so he changed the name to "Harvard beets" -- and the demand exceeded the supply.

Beets still grow wild on the coasts of Europe, North Africa and Asia although they have been under cultivation since 200-300 B. C. Beets are much more popular on European dining tables than in the Britisher's menu.

Beets claim a long life of usefulness -- a family that is versatile to say the least. Outstanding members are the red beets for humans to eat as a root vegetable. Other varieties are the Swiss beets whose large leaves and succulent stems are called Swiss chard on the market. A coarse variety of beet favored for cattle feeding, a sugar beet that provides half the world's sugar supply as well as a large quantity of alcohol, and a type of foilage beet grown for ornamental purposes. That's a family record "hard to beet" for service.

- - - RATIONING DATES - - -

Processed Foods

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Meats, Fats and Oils

Book Four: Red stamps, A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, L-8, M-8, N-8, P-8, and Q-8 valid for 10 points each, indefinitely. Salad oils and shortening carry zero point value, indefinitely.

Sugar

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- - - AFRICA EATS - - -

From the veiled retiring fatima, or serving woman, to the turbaned caliph in his fantastic kasbah, or castle...American lend-lease stores are welcomed in North Africa, according to Mr. H. E. Pryor, chief of transportation for the Lend Lease Administration in Morocco.

Mr. Pryor journeyed to North Africa a year ago to check on food requirements in various sections, and to supervise the discharge of cargo of Lend Lease food bought by the French for consumption there. He has just returned to Washington, and he says, that, of all the foods sent to North Africa, tea was the most welcome. Moroccans must have their tea, since they drink neither coffee nor alcoholic beverages. As a matter of fact, tea sold for ten dollars a pound on the black market, until Lend Lease officials took steps to shut off that supply. Sugar was an important import, too, as well as evaporated milk, potatoes and matches. When the Nazi left the territory they took everything with them, and Moroccans had nothing but their lands. Immediately after they were free of German invaders, the land was put to work, and today North African gardens are again beginning to produce fine vegetables. The hot moist climate and the fertile soil produce the largest vegetables in the world, Mr. Pryor said, and vegetables are the most important article of the ordinary Moroccan diet. All cooked together with ground meat or corn grits, they form the native dish, called cous-cous. Cous-cous constitutes about seventy five percent of the native diet. It is served in a large bowl...diners take it in the fingers and roll it into marble-like balls, and eat it.

Of course, in the caliph's castle, food is much more elaborate. Mr. Pryor was invited to a ceremonial dinner at the kasbah of the Caliph of Tifoultout, and said the dinner was delicious. In a dining room with a balcony like appearance, gorgeously carpeted, and equipped with luxurious pillows, many courses were served on low tables. The first course was a marvelous soup made of liver, vegetables and a little lemon. Next came an enormous almond pie made of layers and layers of pastry, each layer baked separately. This pie took three days to prepare. After the pie, a whole barbecued lamb appeared, then a great bowl of chicken with rhubarb sauce. Then the lamb was served again, this time cut into a roast, covered with quince. Pomegranate juice was served with this course. After that there was a soupy concoction of tomatoes, eggs and many other things. This was eaten by dipping hunks of bread into the big bowl in which it was served. Then it was time for the native cous-cous, and now the dessert coqkobl started. First individual bowls of cold clabber (said to aid digestion) were passed, followed by grapes, fresh figs and dates. Finally the traditional three cups of tea. no more, no less...and dinner was over. Mr. Pryor said Moroccans were wonderful cooks. They season things highly, cook them a long, long time. However the food is easily digestible.

Feasts like the caliphs are very much in the minority, of course. The great percentage of them eat very simply, and the little they did have was seized by the Nazis. Yet, these poorer people have a great sense of hospitality, and will practically starve for days, in order to give a guest a special treat.

The food bought by the French, through Lend Lease, was a life saver for all the people and they are grateful.

- - - WHAT'S IN THE MARKETS - - -

Fresh fruits and vegetables currently available
on three west coast wholesale markets.

LOS ANGELES....Vegetables that claim the menu planner's attention because of abundance and reasonable price are rutabagas, beets, chard, turnips, mustard greens, spinach, peas, artichokes. Lettuce is in adequate supply and the best quality sells around the ceiling price. Plenty of Banana squash is available though Italian and white summer squash supplies are limited and at slightly higher prices. Prices on cabbage and cauliflower are also advanced. Receipts of new crop potatoes are increasing from Kern County, California. Old crop russet potatoes are lighter and selling at the ceiling. Receipts of new crop onions are increasing and sell at the ceiling. Asparagus is in lighter supply on account of the cool weather. Snap beans are arriving from Coachella Valley.

In the fruits, avocados are plentiful at unchanged prices. Oranges are a bit higher than a week ago. Navel oranges are only in moderate supply, but a few new crop Valencias are starting from San Joaquin Valley. Loquats are now in season and a few tangerines are available. Strawberries continue high in price and in rather light supply. Other fruits in light supply are apples, storage pears, Mexican pineapples, bananas.

SAN FRANCISCO....Best buys on the fresh vegetable market this week are artichokes, asparagus, spinach and green peas. Artichokes and asparagus have been plentiful and cheap on the wholesale market for the last two or three weeks. Price declines in peas and spinach during the early part of the present week bring these items into the low-priced group. New potatoes, the long white type from Kern County and the red-skinned Bliss Triumph from Texas, have come down in price during the week. Old crop potatoes remain at about the same levels as last week. Carrots, cabbage and celery have gone up a little, and good quality celery is now high-priced. Snap beans are beginning to come in from the Coachella Valley and are wholesaling at ceiling prices. Rhubarb is plentiful at moderate prices.

Oranges and grapefruit ceilings advance the first of May and slightly higher prices may result for fruit of the more desirable quality and sizes. Strawberries are coming into the market in increasing volume. Although early-season prices were fairly high, new ceilings which have just gone into effect have brought this fruit into the more moderate priced group.

PORTLAND....Peas, rhubarb, spinach and tomatoes are lower in price than last week and are recommended vegetable buys. Spinach and rhubarb are particularly in good supply. Bunched vegetables are more plentiful with price trends lower. Bunched green onions are arriving in liberal quantities and the quality is excellent. Local radishes are also in ample supply. Asparagus for the Portland market has been affected by the cool nights. Most shipments are coming from districts east of the mountains and local fields are late in maturing. New crop onions are arriving from Texas. New potatoes are also becoming more plentiful than the old crop. Both types are of excellent quality, and with the shortage of old crop potatoes the new ones can be used for boiling, steaming and French frying.

Moderate supplies of grapefruit are on the market...prices are a bit higher on the Texas crop. Orange supplies are light with prices at ceiling.

- - - DON'T SQUEEZE ME, SQUEEZE TONY!! - - -

In a neat Italian fruit and vegetable store, a sign over a display of avocados recently stated, "Don't squeeze me, squeeze Tony"!! The shop keeper meant it too. Every time any fruit or vegetable is squeezed to test its maturity, food is wasted. Every finger mark under rough handling and squeezing bruises the flesh of the fruit or vegetable enough to give it a good push on the way to loss through decay. It is estimated that retail stores lose annually, through their customers' rough handling of fruits and vegetables, approximately one-half million dollars. PT boats cost \$145,000 each. The half million dollars just mentioned, would buy four of those much needed PT's. Also the more food saved, the more that can be sent our armed forces and allies.

So it's lady, be good, don't squeeze me, squeeze Tony!!

- - - FOOD CONSERVATION TIPS - - -

Last year, according to the United States Department of Agriculture, more food was wasted in the United States than was needed by our armed forces and for Lend-Lease requirements of all our allies. One pound out of every four pounds was wasted, or 20 to 30 percent of what we produced.

We have a direct means of increasing our food supply....simply, by not throwing food away and by using all we have.

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If every housewife in the United States saved one tablespoon of fat a day, it would make three million pounds of explosives in one week.

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The best part of the potato is close to the skin. Pare the potatoes thin or scrub the skins so clean that they can be eaten.

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Take advantage of foods in seasonal abundance. Perishable produce especially needs to be used immediately to avoid waste.

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Buy only that amount of food for which there is suitable storage.

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Serve food attractively and avoid over-cooking.

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MAY 11 1944

U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 6, 1944

IN THIS ISSUE

VICTORY GARDEN PLANNING....Families starting gardens this year should first plan the amount of processed food needed for each person during the winter weeks and then plant foods suitable for home canning.

FOOD CONSERVATION AT COLLEGE....Stephens College in Columbia, Missouri is reducing food waste in its campus dining halls by organizing a Clean Plate club and by making a study of the national food problems.

HAWAII FACES WARTIME FOOD PROBLEMS....Though there is no rationing in the hula land, there is price control. Homemakers have had to face a number of food restrictions and are now growing an increasing variety of vegetables in home gardens.

REASONS FOR MEAT POINT CHANGES....Record livestock production accounts for most meats being ration point free, also shortage of feed means livestock and poultry numbers must be adjusted to available supplies.

US Department of Agriculture
Food Distribution Administration

- - - OURS IS TO REASON WHY - - -

The news several days ago that all pork, veal, lamb, mutton, canned meats, canned fish and all beef cuts except roasts and steaks were made ration-free was a surprise to many homemakers. In case your listeners are wondering why this was done, here's the answer.

The policy of the OPA is to adjust point values upwards or downwards whenever changes in supply of an item warrant, and to make items point-free when supplies become sufficient. In the case of pork, marketing of hogs has continued higher than is usual for this time of the year. Lamb, veal and mutton have also been made point-free because of the good supply. In addition, drought has dried up range and pasture lands in some of the producing areas and supplies of feed are tight. This change should give the growers complete freedom in the marketing of lamb, sheep and calves. As for canned fish, civilian supplies are expected to increase.

It was not advisable to give beef roasts and steaks a point value of zero because supplies coming to market of these cuts were not large enough to permit any change in point values at this time.

Naturally, these drastic changes in point values bring about a reconsideration of the number of red ration stamps allowed homemakers. Now the red stamps will have to stretch over four weeks instead of the two-week period. The stamps which were made available on May 7---red stamps R8, S8, T8---will be the only red stamps becoming valid until June 3.

In connection with the ration changes, War Food Administrator Marvin Jones said, "It must be pointed out that a food supply is temporary and must be constantly replenished. As soon as food is produced it commences to disappear and is used up. The WFA is currently buying for war needs 25 to 35 million pounds of pork each week, and 40 percent of the major cuts of beef are being set aside for our armed forces. A great majority of the food is consumed within a year from the time it is produced. Having plenty now does not necessarily mean having plenty later. Too many people are prone to take the food supply for granted. It will be even harder to meet our needs this year than last year. Spring plantings have been delayed by unseasonable weather and too much rain. There are not as many people on farms as before the war. Many young men have gone into the armed forces or have been attracted by the higher pay and shorter working hours of factories. Farm machinery is wearing out. The demand for other needs has made it impossible to get all the farm machinery needed and to replace men who have left the farm.

Despite greatly increased food production and imports of all feed that transportation facilities have permitted, there is still not enough feed for the number of livestock we now have. Livestock and poultry numbers must be adjusted to available feed supplies. This will necessitate marketing through the year a greater number of cattle, hogs, and poultry and the culling of dairy herds and the getting rid of old and less productive cows so that more feed will be left for better producers. Balancing of livestock and feed supplies will be in the real interest of livestock producers themselves. They are the only ones who can accomplish it.

- - - COUNTING YOUR VEGETABLES BEFORE THEY GROW - - -

According to an old proverb, it isn't considered wise to count your chickens before they hatch. However, when it comes to vegetables in victory gardens, it's a good idea to make an estimate of the anticipated products for home canning. To help homemakers map their food preservation campaign all the way to the end of the season, the Bureau of Human Nutrition and Home Economics suggests that victory gardeners figure the length of their garden season. In many parts of the country gardens yield vegetables for about 22 weeks. This leaves 30 weeks for families to depend on fruits and vegetables that are home canned or preserved other ways.

The next step is to figure up the amount of processed food needed for each person during the winter weeks. Families who rely heavily on home processed foods will can about 100 quarts of fruits and vegetables for each person. Here's a boiled-down average home canned food budget for one person: tomatoes, 20 to 35 quarts; greens and other vegetables, 6 to 8 kinds, 25 to 35 quarts; fruits, 6 to 8 kinds, 25 to 35 quarts; fruit juices, 5 to 10 quarts. This quantity of canned foods--or its equivalent brined, dried, stored, or frozen--would supply enough of these foods for a good diet for 30 weeks for one person.

A third canning reminder for your listeners is that foods suitable for home canning should be planted--and then canned correctly. Tomatoes, fruits, and pickled vegetables may be canned safely in a simple boiling water bath canner. However, a pressure canner is recommended for asparagus, snap beans, greens, corn, carrots, and other non-acid vegetables.

One important thing that some homemakers seem to overlook is the fact that canning isn't the only way to preserve garden products. Freezing is a particularly good way to preserve some vegetables, if a home freezer or freezer locker space is available. Many of the later vegetables may be stored. And for variety, there are drying, salting, and brining.

Some homemakers find it difficult to figure out the number of jars of vegetables they can expect from a certain number of bushels of the fresh product. A family with a garden may work out this arithmetic problem when the garden is being planned. Here is a chart of some commonly home canned vegetables which will be helpful to those homemakers with a canning arithmetic problem:

Beans, lima, in pods...	1 Bu. (52 lb.)	yields 6 to 8 Qts.
Beans, snap.....	1 Bu. (30 lb.)	yields 15 to 20 Qts.
Beets, without tops...	1 Bu. (52 lb.)	yields 17 to 20 Qts.
Carrots, without tops...	1 Bu. (50 lb.)	yields 16 to 20 Qts.
Greens.....	1 Bu. (18 lb.)	yields 6 to 9 Qts.
Peas, green, in pods...	1 Bu. (30 lb.)	yields 12 to 15 Qts.
Squash.....	1 Bu. (40 lb.)	yields 16 to 20 Qts.
Sweet potatoes, fresh...	1 Bu. (55 lb.)	yields 18 to 22 Qts.
Tomatoes.....	1 Bu. (53 lb.)	yields 15 to 20 Qts.

- - - HERBS, OUR GRANDMOTHERS CALLED THEM - - -

Greens as a family are not only a spring tonic but a valuable part of the regular diet. But of course, springtime is the natural season for

gathering tender young wild greens for a cold salad or a hot dish, prepared just as their cultivated cousins are prepared and served. Wild greens, sometimes called herbs by our great-grandmothers, are yours for the picking.

Anyone with the back-to-nature urge can have it satisfied and at the same time perform a good deed for the family. Suggest that your nature lover listeners take a paper sack and a pair of sharp scissors or knife along on their trek to the woods--or back yard--but be sure to know which are the edible "weeds". The young green leaves contain iron, Vitamin A and two of the B vitamins--niacin and thiamine. Today, health seekers reverse the healing process of their ancestors, knowing that an ounce of prevention is worth a pound of cure, and include a daily green in the diet as health insurance.

The uninitiated can easily learn to identify wild greens--some of the more familiar are, dandelion, lamb's quarters, plantain, poke, purslane, wild chicory, dock and sorrell (kin to dock).

Wild greens should be cared for in a similar way to those fresh from the home gardens. They should be washed through several waters. Careful lifting out of each water should clean the sand off thoroughly. Then cover the greens with a damp towel and set them in a cool place to crisp, ready for the salad bowl or a quick steam bath. The greener and fresher the leaves are the more Vitamin A and the more likelihood of a plentiful supply of the other vitamins which they contain.

Those who can't go hunting wild greens will usually find a good variety of greens on the market from which to choose. Generally available now, though the supply varies with the locality -- are -- lettuce, cabbage, beet tops, and spinach. broccoli, brussels sprouts, kale, endive, cress, collards, parsley, turnip and mustard greens are frequently seen on many markets. Other garden varieties less known are Florence Fennel, Swiss chard, Hanover salad, rape salad, and Chinese cabbage.

- - - HOMEMAKING IN HULA LAND - - -

In the minds of most people, before December 7, 1941, Hawaii was an isle of paradise with glamorous native girls wearing grass skirts--where vacationists lay on the sunny beaches--and soft music filled in the background. But since that fateful day, all of us have realized that life in Hawaii isn't what it used to be. Homemakers there have had to face a number of the same wartime problems as those on the mainland--and many of the Hawaiian homemakers' problems are even more serious than those the homemakers here have had to encounter. On December 8, the stores closed to take inventory and go on a wartime basis. But by December 10 the stores had reopened. However, homemakers had to stand in lines for hours in order to get their food supplies. They used the food they were able to buy to best advantage. They didn't have many leftovers, and what they did have, they used the next meal or the next day.

Although ration books are not used in Hawaii, there is price control. There's been no spiraling of prices. In fact, many of the public eating places that were very lavish before the war have changed to simpler meals which are more reasonable in price.

One of the main changes for homemakers since the war is that they have to stick to one grocer now. It used to be that homemakers shopped around between stores, but now it's sort of an unwritten agreement that a customer does all her food shopping in the same store. This way, the storekeeper is able to look after his customers and the customer can be confident that the grocer will look out for her interests.

In the pre-Pearl Harbor days, fish was a very important part of Hawaiian diets. Of course, after the attack, fishing boats couldn't go out, and no fishing was allowed from the shore. For about a year after the war began, the lack of fish was the homemakers' greatest hardship.

Although Hawaiian homemakers have had to face a number of hardships, they have plenty of a couple of foods that would make homemakers on the mainland a bit jealous--pineapple and sugar. That's because the Islands are the world's greatest pineapple producers--and one of the world's great sugar production areas. In addition to these foods, the people on the Hawaiian Islands are growing an increasing variety of vegetables in their home gardens. They are fortunate in having fertile soil and a climate which enables many vegetables to mature in about six weeks. Also many can go out and pick plenty of wild guavas and papayas when they want fresh fruit.

The homemakers on these islands had to face many hardships at the beginning of the war. And we can't help admiring them for getting along so well on what was available. Now we know that homemakers on this magic isle have had to face many of the down-to-earth problems that we have.

- - - COLLEGE GIRLS CONSIDER CONSERVATION - - -

The importance of food conservation is being realized by everyone these days. Elementary school kids are learning to eat all of their food before they go out to play. Homemakers are careful about buying and preparing food so they won't waste a bit. Our servicemen may take all they want, but even they are asked to eat all they take. And last but not least, college girls are aware of food conservation. Stephens College, in Columbia, Missouri, is one of the colleges taking the lead in reducing food waste in campus dining halls. Their first objective was to get facts on the amount of food wasted on the campus by about 2,000 college girls. A check sheet was created to record the amount and kind of food wasted in the dining rooms, and the number of people eating in each dining room. Six girls were trained to observe and record the food waste as the waitresses brought the food back to the kitchens. The math club volunteered to take charge of the mathematical work. The statistics, in terms of percentages, were then placed on a large poster with triple thermometers. This master poster was placed in the college post office. Each day the thermometers indicated which of the dining halls wasted the least amount of food. The girls were also informed as to the progress of the campaign by daily reports over the campus radio station.

Food waste was checked for seven consecutive days preceding the Clean Plate Club campaign; for four days during the campaign; and tentative plans call for "checking without notice" one day a week during the remainder of the college year. During the week before the Clean Plate campaign was scheduled to begin, the food waste on the plates was scraped into a big container and weighed. It amounted to 14 percent of the food served to the students. During the week that the Clean Plate clubs were publicized the plate waste amounted to less than 10 percent of the food served.

On the day the campaign began, an article appeared in the college paper, stressing the purpose of the campaign and a factual presentation of the national food problem. During the week, victory speakers gave talks on "how food is wasted and how it can be stopped" and allied subjects. These talks were given in the 19 dormitories, to all sororities, and to group meetings. Many of these girls presented this data to others.

Posters, captioned "How To Be A Food Saboteur", were placed in strategic places on the campus. They listed a 6-point program:

Participate in lots of spread
Take a bite or sip and leave the rest
Take more than you can eat
Eat downtown and don't give the townspeople a chance
Have a snack in the tea room every day
Let food spoil in your room

This survey revealed the real need for some conservation education on the campus. So the consumer education committee made plans to follow up the Clean Plate campaign with more factual information to be presented on the radio, in the papers, and by speakers. Frequent reminders not to waste food will appear on posters in the dining halls, and in the hostess controlled conversation at the tables.

- - - THEY ALL SCREAM FOR ICE CREAM - - -

Even the boys whom the neighbors call "brats" and who believe it's "sissy" to drink milk go for ice cream in a big way. Ice cream is that kind of a food. The kids like it in cones. The teen-agers in milk shakes and sundaes. The grown-ups go for pie and cake a la mode. And our servicemen overseas tell us that their second favorite pin-up is a luscious ice cream soda.

Because ice cream is so nutritious and so widely liked, our government has hesitated to cross it off our national food list...even though most countries at war have done just that, in order to save milk for cheese, milk powder, and such products.

In this country, we've cut down some, but not entirely. Production for the armed forces hasn't been restricted at all. But when making ice cream for civilians, manufacturers have been required to limit their use of milk solids each month to 65 percent of the quantity they used in the corresponding month during the period December 1941 through November 1942. Furthermore, the maximum milk solids content of each quart could not exceed 22 percent of the total weight.

This month and next, however, manufacturers' quotas have been raised. They're allowed to make more ice cream and to make it richer. The total quantity of milk solids they can use has been upped to 75 percent of base period utilization and the maximum milk solids content per quart has gone up to 24 percent.

Some of this increased allotment probably will be used to make more sherbet and other frozen dairy foods--4 to 5 million gallons more perhaps. Most of it, however, will go into ice cream. Roughly 10 to 11 million gallons more will be produced for civilians this May and June than during these 2 months last year.

Who or what's responsible for this ice cream bonus? Well, you can thank the extra heavy milk production expected during May and June first of all. Ice cream quotas, along with the quotas limiting sales of cream, cottage cheese, chocolate drink and buttermilk, (which we told you about last week) have been raised primarily to help assure that all milk produced during these 2 months will be used.

The government still wants to divert as much milk as possible to the cheese and butter factories, the condensaries and the milk powder plants, but with manpower short and transportation difficult, it was thought that these plants wouldn't be able to handle all the milk they were offered.

Just for good measure, you can also thank the dairy production payment plan for more ice cream. This plan is designed to compensate farmers for advances in feed prices since September 1942. Right now it looks as if this program has done a good job in helping to halt the downward trend in milk production. In fact, milk production this year may even exceed that of last year.

- - - SOMETHING NEW UNDER THE SUN - - -

Yes, there is something new under the sun. There's a new profession, one which has recently come into its own. It is composed of highly trained men and women who provide technical advice about food services for workers in war plants. If plants want to install some kind of food service, or improve those they already have, they send a request to their Office of Distribution's regional office for an industrial feeding specialist. Then the specialist makes a study of the existing conditions and recommends the type of service or changes that will meet the needs in a practical way. Some of the plants need cafeterias, while stationary lunch stands, mobile units, or packed lunches prove more satisfactory in other cases.

In addition to providing an advisory service on the types of services, these men and women furnish advice on food rationing problems, menus, layouts of cafeterias, and a number of other vital problems.

Recently, a conference was held in Washington for the purpose of training these specialists in their new profession. At the conference new plans were presented for various types of service, and methods of streamlining these services. Up-to-date devices for speeding up cafeteria lines were also discussed, so the specialists would be able to help war plants organize efficient, speedy food services.

The contribution radio is making through cooperating with the Government's industrial feeding program was graphically shown at this conference in the 3-panel exhibit "Telling the story of industrial feeding." This exhibit is now available by request from any of the regional offices of Office of Distribution.

- - - WHAT'S IN THE MARKETS - - -

Fresh fruits and vegetables currently available
on three west coast wholesale markets.

LOS ANGELES....Vegetables reasonable in price include beets, chard, kale, spinach, mustard greens, turnips, rutabagas, lettuce, and squash. Asparagus is in lighter supply on account of the cool weather and the price is higher than last week. Supplies of old crop potatoes are now light, but shipments of new potatoes are adequate. Moderate receipts of celery, cabbage, cauliflower and tomatoes are arriving. The new crop onions are increasing and the wholesale prices have dropped. Rhubarb is still in adequate supply.

This is the time of the year when most fruits are in light supply. Receipts of Navel oranges have fallen off. Grapefruit is not as plentiful and the price is gradually advancing. Lemons and avocados are plentiful. Strawberry receipts are light but the ceiling price regulation caused a sharp drop in price on the wholesale market. Apples, storage pears, Mexican pineapples, bananas, loquats and limes are scarce.

SAN FRANCISCO....Artichokes, asparagus and green peas continue among the best buys on the fresh produce market. Peas are particularly abundant and are generally of good quality. Asparagus is plentiful but the shipping season has passed the peak. Heavy receipts of lettuce during the past few days have brought lower prices, and this vegetable is moderately priced. Italian and summer squash from the Imperial Valley are in moderate supply and prices have dropped. Tomatoes, spinach, cauliflower and carrots have gone up a little.

Oranges, grapefruit, and the larger sized lemons advanced in price the first of the month as new ceilings became effective. All these fruits are available in good quality. Strawberries are increasing and moving rapidly at the ceiling price recently established. A few early variety cherries are being received, but it will be several days before any significant volume becomes available.

PORTLAND....Arrivals of local asparagus have increased and with prices low this vegetable is a recommended buy this week. Rhubarb and spinach continue in liberal supply and low in cost. Local onions are just about cleaned up, and additional supplies are now coming from Texas and California. Most of the bunched vegetables are on the weekly best buy list. Carrots, beets, turnips, peas and new potatoes are plentiful with prices below ceiling. This week, lettuce, celery, oranges and sweet potatoes are scarce and high in price.

- - - WAR FOOD ORDER NO. 1 AMENDED - - -

The War Food Administration has issued Amendment 1 to the bread order, War Food Order No. 1 (formerly FDO 1) to permit the counting of vitamins and minerals normally present in all the ingredients of white bread in meeting the enrichment requirements of the order. The amendment is effective May 1, 1944.

Also effective May 1, the enrichment requirements applicable to all white bread will apply to white rolls. The amendment does not require the enrichment of yeast-raised sweet rolls and doughnuts.



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 13, 1944

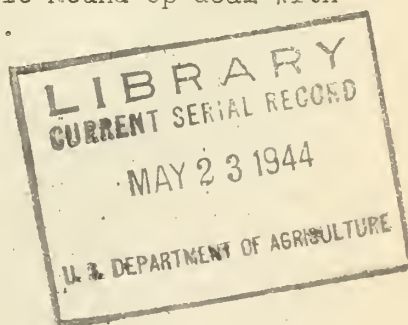
I N T H I S I S S U E

MAY CROP REPORT....Prospects for fruit and spring commercial truck crops are better than this time last year. Milk production is lower than April of last year due to delayed pastures and unfavorable weather.

SUGAR FOR INDUSTRIAL USES....Nearly all necessary war commodities need sugar in some form. Industrial alcohol will curtail civilian sugar by a million tons this year.

GARDEN BOOKKEEPING....By keeping records on the family garden, the individual will have answers to the "how much" questions...space to plant, fertilizer to use, seeds to buy and average yield.

FOODS IN THE NEWS....Many vitamin-rich fresh vegetables are now rolling into western markets. Food Suggestions in this issue of Radio Round-Up deal with selection and preparation of less-demanded cuts of meat.



US Department of Agriculture
Food Distribution Administration

- - - WHAT'S IN THE MARKETS - - -

Fresh fruits and vegetables currently available
on three west coast wholesale markets.

PORTLAND

The peak of the asparagus season has been reached, and homemakers who wish to home can asparagus should do so during the next two weeks. Some growers report there is likely to be a short season due to lack of rainfall in the larger growing districts. The commercial canners may also increase their pack this year, which will reduce receipts in the local markets. The quality is very good this season and current costs are reasonable.

The wholesale market is also well supplied with spinach. Some days the arrivals are heavier than the demand warrants, thus making prices low. Spinach is not difficult to can if the homemaker has proper equipment. Spinach is rich in Vitamins B and C, and eaten raw is one of the very best sources of Vitamin A. Swiss chard is preferred to spinach by some people and this vegetable is in ample supply on the Portland market. Other vegetables that are recommended buys this week include bunched carrots, beets and turnips. Rhubarb is still coming to market in liberal quantities and the quality is excellent. Potatoes are not as plentiful as they were a week ago. The old crop potatoes have just about disappeared and prices on the new potatoes have advanced since last week.

The Portland fruit supply is somewhat limited. Oranges and grapefruit are in moderate supply and selling at ceiling. Apples are scarce.

SAN FRANCISCO

Best buys on the vegetable market this week are artichokes and asparagus. Artichokes are wholesaling at the lowest price in a year and the quality is generally good. Prices have declined slightly on squash, carrots and cabbage. Peas and lettuce are available in moderate supply but the wholesale price is higher than last week. New crop onions are increasing in supply, most are coming from southern California, the San Joaquin Valley and Texas. Green corn is available from the Coachella Valley and from Texas but prices are high. Snap beans from the Coachella Valley are not sufficient to meet the demand.

Citrus fruits are in moderate supply with prices of grapefruit and lemons advanced during the past few days. Strawberries are increasing but selling quickly at ceiling price. Cherries are increasing and liberal offerings are expected in another week or so. Apples are scarce.

LOS ANGELES

Asparagus prices are dropping as the supply increases. Other recommended buys include white summer and Italian squash, artichokes, carrots, new crop onions, beets, turnips, chard, kale, spinach and mustard greens. Lettuce is in adequate supply with the price slightly lower. Vegetables in moderate supply include new crop potatoes, peas, cabbage, tomatoes and banana squash. Light receipts of corn are coming from the Coachella Valley and Texas, but the price is high. Bell peppers, sweet potatoes, eggplant, cauliflower, and string beans are in light supply. Avocados and lemons are plentiful. Grapefruit and oranges are in lighter supply and higher under new ceiling prices. Strawberries are not adequate for demand. Still in light supply are loquats, blackberries and bananas.

- - - A SPICY SURVEY - - -

Life has become more spicy since the beginning of the war. According to a recent spice survey which included over 1500 families, homemakers are learning to make their limited spice supplies go farther. One of the most interesting things discovered by this survey was a list of the spices that are favorites with American homemakers. Although in short supply, cinnamon still leads the preferred list, with nutmeg following a close second. Paprika, cloves, allspice, and ginger were runners up in the race for popularity.

It seems that the war has made homemakers more conscious of spices... especially some of the less known varieties. Such unusual ones as oregano and cumin were reported to be on the shelves of some kitchens. This survey also indicated a rise in popularity of chili powder, poultry seasoning, celery salt, curry powder, and others. Homemakers are realizing that spices can give the cheaper cuts of meat more taste appeal. And they're also using spices in packing lunch boxes for the members of the family working in war plants.

In addition to the opinions of homemakers, children's tastes on spiced foods were surveyed. Spaghetti with tomato sauce came out on top with the kiddies. Other favorites in order were gingerbread, frankfurters or baked beans with catsup or chili sauce and baked custard with nutmeg. Molasses cookies, gingersnaps and brown betty were all up in the front line, too.

- - - SUGAR IN BATTLE DRESS - - -

Homemakers will remember signing up for their first ration book...War Ration Book One, back in May, 1942. They remember too, that sugar was the first thing to be handed over the grocer's counter in meticulously measured packages in return for a precious ration stamp. They recollect the adjustments that had to be made in order to make the sugar stretch, and the budgeting of the amount they were allotted for each period. But they've taken it all in their stride... cheerfully, even though, because of frequent changes caused by the war, they have no very clear idea of what is happening to our national sugar supply.

Well, sugar has gone to war...literally. After Pearl Harbor, submarines along the Atlantic coast picked off sugar-carrying ships and prevented other ships from moving and thus reduced the supply. The Philippines, which furnished about 15 percent of our sugar, were in Japanese hands. That reduced the supply still more. Later, when the Navy got the submarine situation under control, and shipyards began to be geared to action and mammoth production, the war reached into the national sugar bowl and abstracted huge quantities of sugar...not for candy bars in overseas canteens, nor for Army K rations...but for other and vital war needs.

Sugar pours into industrial plants in tons. Nearly every necessary war commodity needs sugar in some form. In 1941 and 1942, invert sugarcane molasses, from which no sugar has been extracted, began to be used in the manufacture of industrial alcohol. The industrial alcohol program alone will curtail our sugar supplies by 1,000,000 tons this year. This is almost 20 percent of the amount of sugar consumed by civilians in 1943. The use of this sugar, however, will mean the saving of about 66,000,000 bushels of corn for vitally-needed war products and for livestock feed.

Perhaps the most important product in which industrial alcohol is used, is the manufacture of synthetic rubber. Synthetic rubber moves armies, is an integral part of home front manufacture. Synthetic rubber is part of a farmer's necessary equipment, supplies civilians with tires and inner tubes, and a substitute for natural rubber in thousands of consumer products.

Would it surprise a homemaker to know that some sugar is used in almost every bomb that is dropped over Germany? It should give her a great deal of satisfaction to know that, and it is true. For sugar, via the industrial alcohol transition, is used in the manufacture of explosives. Not only the bombs marked for German military objectives, but shells for Axis destruction and hand grenades for Japanese foxholes include industrial alcohol in their manufacture.

Plastics are an important part of our airplanes. And sugar goes into plastics...which are successfully substituting for needed metals in this war operation.

The chemical industry is beginning to depend upon sugar in the manufacture of dyes, varnishes, and medicine...and all these products are implements of war, too.

Sugar is needed to feed our allies and liberated areas. Red Cross gives sugar to prisoner of war refugees. Some of it has gone to India too. And in every Red Cross package sent to Switzerland for distribution to our men in prison camps in Germany and Italy, there is a package of sugar. Then, too, sugar production in continental United States has fallen off and it is frequently impossible to spare an adequate number of ships from the war effort in order to bring sugar to this country from Puerto Rico, Cuba, and other offshore sources.

These are the principal reasons for the scarcity of sugar...why it needs to be carefully rationed. And still, despite all these tremendous demands upon the national sugar supply, homemakers will probably have as much sugar as they had last year.

- - - DID YOU KEEP A GARDEN DIARY LAST YEAR? - - -

Keeping books on a garden is a "must" for a beginner at this garden planting job if he hopes to improve or learn from experience. The "how much" questions about space to plant, fertilizer to use, seeds to buy and time to spend are primary in the game of gardening. These answers are easier after the first season, if all the information is written down.

How much space to devote to each product depends upon the average yield harvested from a certain space; how well the family likes it; whether some will be canned in addition to that used fresh; if it is customary to plant extra for friends or relatives, for school lunch or for local sale. The date of maturity must be considered if size of the family fluctuates or the activities of the family members vary. How many will be on hand to eat the food and to help can it when the vegetables are of the highest quality...for instance...when beans are 1/2 to 3/4 grown and beets are 1 to 1/2 inches in diameter. Most beginners tend to plant too much of lettuce, radishes, cabbage, spinach and other quick-growing crops that mature at one time. The result is that some is wasted and then no more is available.

A succession of varieties or of plantings will give a much longer period of harvest from the same total amount planted and more choice from which to select for canning, and more time to do it. Another common failure of many gardeners is that they do not have a definite plan for following each early maturity crop promptly with some other, so as to keep the ground constantly producing what they want during the growing season. The idea is to develop a plan that will produce the largest possible amounts of the particular things the gardener wants, at the time he wants them.

And another thing before you plan your garden for this year, take a pencil and paper downstairs or wherever you keep your canned goods, and note what kinds and how many are left. With a variety of fruits and vegetables on the shelves it is natural that members of the family selected the particular kinds they liked best, leaving the second and third choices till another day. Consequently, unless you are an exceptionally good manager, or are like the little boy who saves the choice nut or cherry till last, your canned goods remnants are not your most popular ones...so they can serve as one of your guides for planting.

- - - THEY STILL EAT CAKE - - -

One item still survives to give variety to Britain's stringent and austere wartime diet. It's cake...and it's unrationed.

Now cake is a luxury in the language of any nation at war, and England is no exception to the rule...but they've managed so that each civilian can buy about a pound of cake every week. The sort of cake they buy in bake shops may be slab cake or sponge cake, buns or scones. While it is not rationed to civilians, the government exercises considerable control in rationing ingredients to cake makers and fixing ceiling prices. Quantities of ingredients determine a fixed quality too. In this way some shops cannot stretch their ingredients to make a very large quantity of very poor cake...and other shops cannot squander the precious fats and sugar to make a small amount of rich and superior cake for choice customers.

British call their cake "austerity model cake"...and with good reason. There is, of course much less fat available, and about one half the amount of sugar, dried fruit supplies are about one half those of pre-war days, and dates and figs replace the currants and raisins so dearly beloved by Englishmen. Other supplies have disappeared altogether. There are no cherries any more...neither is there any angelica. Bakers and confectioners are not allowed to put any icing on cake, nor are there any cream or jelly swirls on top. Chocolate frosting is just a figment of the imagination these days in Britain, and all fillings except jam, are unknown quantities. Plain...very plain... cakes, buns, scones, a few rock cakes and jam tarts, and now and then some custard tarts made of dried eggs, replace the meringues, eclairs and rich currant cakes of pre-war days.

But it's still cake...and Britishers still eat it with great relish and appreciation.

- - - CARROT CONVERSATION - - -

The carrots have it, too, in outstanding quantity...that valuable Vitamin A, so indispensable to good eyesight. The amount of Vitamin A increases with the maturity of the carrot. Not being soluble in water the Vitamin A is more stable to cooking losses than are some of the other vitamins present also, but secondary in importance is calcium and water-soluble Vitamins C and riboflavin.

When night flyers go to the snack bar they often reach for a carrot. And it's a good habit because carrots are rich in Vitamin A...that vitamin so necessary for good eyesight. Approximately 2 cups of cooked carrots contain a day's rations of Vitamin A. Of course the amount of Vitamin A in a carrot depends upon its color and maturity. Fortunately a liberal supply of Vitamin A can be stored in the body.

Much planting trouble for amateur victory gardeners may be avoided if carrots are planted only in deep, loose soil, free from clods, stones and trash. The seedlings are delicate and slow growing.

Carrots have excellent keeping qualities if stored at temperature between 35 degrees and 45 degrees Fahrenheit. Very little food value is lost in storage.

Young carrot tops which are high in riboflavin may be chopped into salads or they may be dried, crushed and used as flavoring.

Carrot juice is sometimes used on the farm to color butter. Carrots, cooked soft, sweetened and flavored with orange or lemon, are popular as marmalade.

According to one news article, Arizona claims that her three to four thousand acres of carrots have three to ten times as much carotene as the average carrot under close scrutiny by science. Carotene, a yellow pigment occurring in association with chlorophyll in green plants, is transformed by the body (probably the liver) into Vitamin A, which insures sharp human vision at night.

Carrots have been used in Europe as a substantial part of the meal for many years. In the United States they have been popular additions to soups and salads, or served as appetizers. With the discovery that carrots are a rich source of Vitamin A, production has leaped and consumption increased. Over a 10 year period (1933-1942) an average of about fifteen million bushels a year were produced. In 1943 an average of about twenty seven million bushels of carrots were grown.

Hollanders introduced carrots into England during the reign of Queen Elizabeth. Wild carrots planted in rich garden soil will develop fleshy roots and in a few generations become suitable for table use. The carrot is a biennial belonging to the parsley family.

Queen Anne's Lace is the beautiful name of a very troublesome weed...commonly known as wild carrots. During the time of James I, English ladies adorned their head-dresses with the feathery leaves, and today they are popular fernery for flower bouquets.

- - - MAY CROP REPORT - - -

You've probably been wondering what effect the recent spring rains have had on our food supply outlook. Glancing over the May crop report just issued by the U. S. Bureau of Agricultural Economics, it looks as if more rain has both helped and hindered. In the western half of the country, widespread rainfall has improved prospects for crops, pastures, and ranges. In the eastern part of the country, rains have been favorable for hay crops and pastures, but have seriously interfered with spring work and have made some farmers change their cropping plans. In the central area the rains and cold weather threaten to reduce the total acreage of crops that can be planted. As a whole, farmers appear to have finished less of their spring work than in any season in many years. The acreage planted to the various crops will depend more on the weather and on when farmers can get into the fields than on earlier plans. Only general tendencies can be measured at this time.

With the weather permitting, another good hay crop may be expected in practically all states. A good crop is important this year because the record number of cattle on the farms and the late start of new grass in most states has exhausted reserves of hay on many farms.

Prospects of fruit crops for the country as a whole seem better than the average for this time of year, but some are still in danger from late frosts in northern states. Vegetable crops for canning and processing have been affected locally by unfavorable planting conditions. The acreages of these crops are still uncertain. Vegetables grown for market show rather general increases in acreage and total production is likely to be large. A record of tonnage of spring season commercial truck crops was in prospect on May 1, despite the unfavorable weather which lowered the earlier indicated yields per acre.

Increases over 1943 production are indicated for all spring truck crops except beets, green lima beans, snap beans, and carrots. Rather large increases are expected for watermelons, cantaloupes, onions, eggplant, honeyball and honeydew melons. The total of all vegetable acreages estimated to date shows an increase of 25 percent over the corresponding average last year.

Record crops of oranges and grapefruit were produced in 1943-44. This spring the weather has been generally favorable for development of citrus crops, and growers now expect crops at least as large as last year's record production. Favorable weather and closer utilization of grapefruit have increased the out turn over earlier prospects.

Milk production on farms is estimated at 10.2 billion pounds for April. This is a seasonal increase of 4 percent as compared to the March figures, but is slightly lower than April 1943. Although the number of milk cows continues to be about 2 percent larger than last year, the production per cow has been lower due to delayed pastures and unfavorable weather in most dairy states.

Egg production for April was 4 percent above April last year and 37 percent above the 10 year average. April egg production was at top levels in all parts of the country and in the west, it was the highest since 1931. The total production for the first four months of this year was the highest of all time.

MEAT SELECTION AND COOKING

With many meats point-free now, there has been a great demand for the more familiar and choice cuts of meat. There is no difference of food value in the various cuts of meat, and the homemaker will practice economy and provide variety in her menus by learning to choose wisely from the many less-demanded meat parts.

Supply and Demand Govern Meat Prices: Because of the uneven consumer demand, shoppers have made the more familiar cuts more expensive while the other cuts... fully as nutritious...go begging. Many of the less demanded cuts can be roasted or broiled and they are good for braising and cooking in water.

In lamb, the leg, the loin and rib chops make up only two-thirds of the carcass. Consumer demand is short for neck, breast, shank and shoulder cuts of lamb.

The popular beef cuts are rib, chuck and round roasts and steaks. These add up to 75 percent of the carcass and are rationed at present. The beef flank, plate, brisket and neck must be classed as less popular cuts because of higher purchasing power for the choicer cuts. Those families who like their meat to be beef might give these less known and unrationed cuts further consideration.

In the pork carcass, the center cut loin chops, roast, center cut ham slices, neck bone, bacon and spareribs are the most popular. After a portion of the hog goes to lard, there is still about 25 percent of the carcass left. Most fresh pork cuts are now plentiful.

Proper Cooking Methods: Use a dry heat for tender cuts and moist heat for the less-tender cuts. Always cook meat at low temperature. This rule holds true for roasting, broiling, panbroiling, braising or cooking in water. With a low heat, there is less shrinkage; the meat keeps its natural flavor, will be tender and juicy.

Lamb Curry With Rice

2 pounds lamb breast, shank or shoulder	$\frac{1}{2}$ cup diced celery
2 teaspoons salt	2 tablespoons flour
1 clove garlic	1 large tart apple
Cooked rice	

Cut lean meat into 1-inch cubes. Cover with water. Add salt. Bring to a boil and simmer about one hour. Brown diced fat trimmings in a skillet; to fat add garlic and celery. Cook about five minutes. Then stir in flour mixed with curry powder. Add curry mixture and chopped apple to lamb. Season to taste and simmer about 20 minutes. Serve curry in a ring of boiled rice or over rice.

Individual Veal Loaves

1 pound ground veal	2 teaspoons salt
1 pound ground pork	$\frac{1}{4}$ teaspoon pepper, dash paprika
1 can chicken soup	1 tablespoon onion juice
1 cup quick cooking oatmeal	1 egg

Combine ingredients and mix well. Make into eight individual patties and pack in loaf pan. Sprinkle with paprika. Bake in a moderate oven for $1\frac{1}{2}$ hours.



Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 20, 1944

IN THIS ISSUE

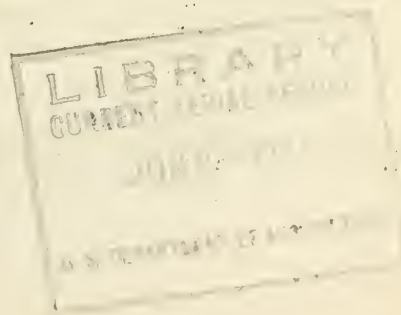
FARM FOR VICTORY....Victory gardens this year not only mean food for use fresh or stored for winter but will relieve over-burdened and under-equipped rail and truck lines.

WOMEN'S LAND ARMY....To help assure tomorrow's food supply, 800,000 women are needed to help harvest the 1944 crops. Women's Land Army recruits may help during vacation time or for three months at a stretch.

FOOD CONSERVATION MATS....Hotel dining rooms and restaurants to publicize food conservation theme of "order only what you can eat; eat all that you order."

EARLY ONION CROP....Spring crop 50 percent over last year. This heavy supply only a temporary condition since harvest will be completed within next thirty days. Consumers urged to make small, frequent purchases since early crop not suitable for storage.

US Department of Agriculture
Food Distribution Administration



FOODS IN THE NEWS

ONIONS.....Not long ago onions were as scarce as hen's teeth in most markets. Now, onions are one of the plentiful commodities in most all fresh vegetable markets. The reason for the current supply is the heavy production. The Texas acreage of onions was increased from last year's 28,000 acres to 70,600 acres this year. The total available supplies from the Texas area and the late spring crops are about 50 percent above last year.

Homemakers should be urged to use a lot of these onions during the next few weeks because they cannot be stored for long periods of time, and are not suitable for dehydration. Therefore, it is imperative that they be used as quickly as possible. Onions are reasonably priced in practically all parts of the country.

During the last of May and the first part of June the principal variety of onions on the markets will be the yellow bermuda. Following a close second in importance is the crystal white wax. Onions of small sizes are classed commercially as boilers.

The chief virtue of onions is their flavor. All good cooks appreciate the value of onions in seasoning. In addition, onions are able to stand on their own in many ways. Onions are the whole show when they're stewed, scalloped, creamed, stuffed, or buttered. They may well be the summer tonic American homemakers have been seeking for a meal "pepper upper".

DRIED FRUITS..Out of the 1943 pack of 432 million pounds of dried prunes, packers have been authorized by the WFA to release for civilian use an additional 12 million pounds of prunes from the "set aside" quantities.

This release authorized May 10th makes a total of 248 million pounds of the 1943 crop released for civilian consumption so far this year.

EGGS..... There are still plenty of eggs coming to western markets. The whole-sale prices in most areas show no material change. Egg purchases should be encouraged because storage space remains limited.

CARROTS..... Shipments are moving out of Arizona, California and Texas in steady supply. This is the time of the year when more carrots are being put on the commercial market as "topped" carrots. There is no difference in food value between the bunched carrots and those without tops.

POULTRY..... Poultry producers are removing low egg producing hens from their flocks. Supplies of hens both live and dressed are now increasing.

- - - TOMORROW'S FOOD SUPPLY - - -

"It is not a time to look complacently at the present, and permit our current supplies of food to shut off our view of the future...it is a time to resolve and plan and, yes, to work and sweat, so that our past achievements will not have been in vain. Let me point out now that we could lose our present food supply advantage as quickly and as certainly as any other worthwhile thing may be lost". This is a warning given a few days ago by War Food Administrator Marvin Jones, in his talk at a farm-for-victory meeting.

Judge Jones went on to say that "our present supplies of food, adequate for the time being, are a beachhead we have gained that is vital to our ultimate success. We have these supplies because of an amazing record of production accompanied by carefully handled distribution, in which rationing and allocations played an important part".

He asked us to remember that "A food supply, however great, is temporary and must be constantly replenished. Food commences to disappear the moment it is produced. Our continuing supply of food depends not only on the farmer and his family continuing to work longer hours, but on the continued support of the older people, the townspeople, the young folks and the women who rose to the occasion last year. Last year twenty million victory gardens produced eight million tons of food. They helped to make possible the low-point values recently placed on canned vegetables." The War Food Administrator emphasized that "This year it is vitally important that we have even more victory gardens. The question of next year's food situation is being answered now."

He points out that adjustments between various foods will continue to be necessary. "It is difficult to maintain exactly balanced supplies of various foods in view of changing needs, uncertain weather and varying yields. Price controls, support prices and price ceilings help maintain the most efficient balances between commodities, but it takes hard work to produce food. There is no other way".

- - - GET GOING ON GARDENS - - -

If any of your listeners have put off planting their victory gardens this year because they doubted the real need for one, the few quotes we've just given from the War Food Administrator's talk, "Food for Tomorrow", should help dispel those doubts. Besides contributing to the over-all food supply every pound of food produced at home...for use fresh or stored for winter...means just so much relief to overburdened and under-equipped rail and truck lines. Every family, everywhere, should make an earnest effort to be as nearly self-sufficient as possible.

The rainy spring delayed garden planting in many section, too, but no one need be discouraged because it isn't too late to get started. June is a splendid month for planting tomatoes, peppers, eggplant, snap beans, lima beans, summer greens and salad crops, root crops, and in larger plots..sweet corn, squash, cucumbers, pole beans, and vegetable soybeans.

City and town victory gardens, wherever possible, should be made large enough to supply the family's needs for fresh vegetables in summer and fall, with some to spare for canning and storing. But according to a consumer test conducted by the Homemakers' Guild of America, one-third of the 1943 victory gardens provided barely enough produce to meet the daily needs of the family during the growing season.

Economy, judging from the results of the guild test, was the reason for more than half of the gardens planted last year. Convenience in having fresh vegetables handy was another reason frequently mentioned. Incidentally this survey brought out that only 20 percent of those interviewed planted victory gardens for patriotic reasons.

(The booklet, "Growing Vegetables In Town And City" will help you with your promotion material on victory gardens. We first offered this booklet in the March 11 issue of Round-Up. If you did not write for the booklet at that time, it would be a good idea to write for it today. Just drop a note to War Food Administration, Office of Distribution, 821 Market Street, Room 700, San Francisco 3, California. Ask for Miscellaneous Publication No. 538. However, do not have your listeners write to our regional office for these booklets. This regional distribution was arranged to speed up the delivery of these booklets to broadcasters and requests from the general public cannot be handled by this office.

If you want to offer these booklets over the air, be sure to instruct your listeners to write to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Tell them to ask for "Growing Vegetables In Town And City", Miscellaneous Publication No. 538. Further and more localized information may be obtained by writing to your state agricultural college.)

- - - WOMEN'S LAND ARMY 1944 - - -

We're counting on our Women's Land Army to help assure "Tomorrow's Food Supply". 300,000 women over 18 are needed to bring in our wartime crops. The Women's Land Army is offering regular farm pay for healthful work in the open at jobs with war priority rating. Women's Land Army jobs rank with those of women in the armed services and essential war industries.

The amount of food needed for this coming year is larger than ever before. Military and lend-lease requirements are such that WFA set-aside orders call for 50 percent of all the butter produced in June; 60 percent of all the cheese; 50 percent of the evaporated milk; 90 percent of the dry whole milk and from 50 to 75 percent of the dry skim milk.

Armed service and lend-lease needs also will require from the fruits and vegetables commercially canned this fall and winter, 14 million more cases of fruits and fruit juices than the 22 million required last year, and 35 million more cases of canned vegetables than the 57 million cases, last year. After a glance at these figures it's easy to see that we'll need to produce more food than last year.

So the call is out for the women of the nation...women of all ages and from all walks of life...to pitch in and help. Last year, about 600,000 women worked on farms, in addition to the farm women themselves. They were housewives, business and professional women, industrial workers, and college girls and teachers. Some of them worked evenings or weekends, and some for three months at a stretch or longer. But most of the workers spent their one, two, or three-weeks' vacation time helping the farmers plant, cultivate, and harvest their crops. This year with the crop goals larger and the number of available men... workers smaller, the country will need 800,000 women, each giving as much of her free time as she possibly can.

So every woman who wants to do a war job for the nation while at the same time doing a first rate personal health job on herself...and getting cash in hand for doing it too...should look up the Women's Land Army representative in her locality and hear in detail all the pros and cons of this summer's farm work for women.

The local Women's Land Army representative is usually the County Extension agent or someone in the local government employment office...and both these offices, as a rule, are located in the county court house or federal building. If she can't find this local office, she can write to the Women's Land Army supervisor at her state agricultural college, or to the Women's Land Army, U. S. Department of Agriculture, Washington 25, D. C.

Farm work isn't all rosy of course...what war work or armed service is? And not every woman is qualified for it. But if a woman is 18 or over, has good health and can arrange time from her regular work in or outside her home, she's eligible...and she's one of the 800,000 women needed in the 1944 Women's Land Army to bring through our nation's crop.

- - - FOOD PRESERVATION RECORDINGS - - -

The regional Office of Distribution has received several recordings dealing with community food preservation centers.

The speaker on the record is Mrs. Bertha Olsen, Chief, WFA's Community Food Preservation Section in Washington, D. C. She high-lights in an informal manner some of the results being obtained in successful preservation centers already in operation.

We shall be glad to send the record to any of our women's radio program directors for use in creating interest in preservation projects. Address your inquiries to WFA, Office of Distribution, Marketing Reports Division, 821 Market Street, Room 700, San Francisco 3, California and your request will be filled promptly.

The 5 - minute record may be played on a regular phonograph, making it especially adaptable for Home Economics groups, PTA's, and others who might sponsor a local food preservation center. It also can be used for radio broadcasts, if used as part of an existing program.

- - - WHAT'S IN THE MARKETS - - -

Fresh fruits and vegetables currently available
on three west coast wholesale markets

PORTLAND

Spinach is the most plentiful and economical vegetable on the Portland market. Production is about at the peak and commercial freezers and canners are now processing. The weather has been cool with ample rainfall to promote good growth, and the homemaker will have little trouble in securing young, tender leaves for use fresh or for home canning. There is still plenty of asparagus, but it looks now as though the season will be shorter than first expected. As the season progresses, asparagus becomes tough and the flavor bitter. Prices are not likely to be lower than at present; so the homemaker who plans to can asparagus should not wait too long. Local lettuce is starting to arrive on the wholesale market, but the California lettuce still predominates and may do so for another ten days until the local product is sufficient to supply the demand. Rhubarb continues as one of the week's best buys with prices at the seasonal low. New potatoes are plentiful while the old crop potatoes are becoming scarce.

Citrus fruits are in moderate supply. Avocados are in ample supply but higher in price than a week ago.

SAN FRANCISCO

Best buys on the vegetable market this week include onions, artichokes, asparagus, lettuce, romaine and peas. All are in liberal supply and generally of good quality. Prices have declined on carrots, cabbage, new potatoes and squash during the week and these vegetables are now in the moderate price group. Tomatoes are still rather high, but the supplies are gradually increasing and the price has dropped slightly.

Among the fruits, cherries are available in greater supply and prices are lower. Avocados are available in moderate volume. The season is about over on the popular Fuerte variety and the price is advancing. Strawberry receipts are at the peak and still far from sufficient to meet the demand. Oranges remain at ceiling prices except on the small sizes. Grapefruit is selling at about the ceiling price. Lemons have also advanced slightly.

LOS ANGELES

Reasonably priced vegetables include new crop onions, asparagus, white summer and Italian squash, artichokes, new potatoes, spinach and bunched vegetables. With increased receipts, lettuce and tomatoes are considerably lower than last week. Corn is in light supply and high.

Most fruits continue in light supply. Strawberries have been inadequate to meet the demand. Loquats are in moderate supply with best large stock rather high. Orange receipts are adequate with the best quality selling at the ceiling. Lemons and avocados are plentiful with prices unchanged. Receipts of cherries have been increasing and the price is lower than last week.

- - - MATS WITH A MESSAGE - - -

Artists of War Food Administration have just completed a new set of designs for restaurant and hotel doilies, which make food conservation a cheerful wartime vocation. The designs are now on their way to a Philadelphia mat company and will soon join the group of doilies now in active use throughout the country.

Thin Jack Sprit and his fat wife, who "between them licked the platter clean", lead the parade of non-wasters of food, followed by the fashionable lady who nibbles her lamb bones, and completed by the gallant restaurant diner with sense enough to deny himself a salad from which he knows he would take only the lettuce fringe. The doilies when placed neatly on hotel dining room and restaurant tables will make patrons stop and think before ordering. These decorative little mats will help spread that patriotic motto: "Order Only What You Can Eat; Eat All That You Order."

During the fall of 1943 when we had a bumper crop of potatoes, special doilies and table mats were designed by the War Food Administration carrying the cheerful news that people didn't get fat just from eating potatoes. These designs are still giving good service in those areas where potatoes are abundant and will be doubly useful when the large acreage of early southern potatoes is harvested.

Another set of mats already in circulation shows the sad face of one who doesn't care what he eats and the contrasting happy face of the fellow who does care. The Basic Seven Food Chart is nicely reproduced at the corner as an easy guide to good eating.

- - - NUTRITION AND HOME ECONOMIC CHIEF - - -

Secretary of Agriculture Wickard has appointed Dr. Hazel K. Stiebeling to succeed Dr. Henry C. Sherman as chief of the Bureau of Human Nutrition and Home Economics. The appointment will take effect June 3, when Dr. Sherman will return to Columbia University to resume his duties as professor of chemistry.

Since March 1943 Dr. Sherman's wide experience and broad knowledge have been of great value in directing the research work of the bureau, especially in connection with wartime nutritional problems.

Dr. Stiebeling came to the Bureau of Home Economics in 1930. For many years she headed the work in food economics. The techniques she has helped to develop for making food consumption surveys, studying food habits, appraising the adequacy of the diets of groups of people, and setting up practical nutritional goals in terms of every day foods, are being widely used not only in the United States but abroad.

One outcome of the work of the bureau in this field is the method of using food groups (the Basic Seven you have heard about so often) to help consumers choose good combinations of food every day. Another is the plans for diets at different levels of costs, used by many families as a guide to food purchases. The work also has proved valuable in helping to guide production to meet wartime nutritional needs and in appraising the nutritive value of the United States food supply during the war and under rationing.

- - - CHANGES IN CANNING SUGAR - - -

OPA has modified its sugar-for-home canning program by setting two periods in which homemakers may apply for their 1944 canning allotments. The periods in the different parts of the country will vary with the crop harvest dates. In the first period, the homemaker will be allowed up to 10 pounds of sugar per person in addition to the 5 pounds available per person by the use of Sugar Stamp 40. In the second period, the consumers needing more may obtain additional sugar. However, the total, including the amount granted in the first period and the amount obtained by Sugar Stamp 40 cannot exceed 25 pounds per person.

The method of application remains the same. (The applicant fills in and mails to the local War Price and Rationing Board OPA Form R-323. One form for all persons at same address. With form R-323 applicant attaches Spare Stamp 37 for each name on form. Send only stamp not Ration Book 4.)

- - - DELAYED RETURN ENGAGEMENT - - -

Pickled, spiced and brandied fruits will return on the July processed foods ration list, instead of the June list, as was first announced. These items were removed from rationing last December in order to enable the trade to dispose of stocks on hand when rationing began.

- - - SUGGESTED MENUS - - -

(Meal planning is easier these spring days with substantial supplies of fresh vegetables on the produce markets. The following menus are based on available fruits and vegetables and plentiful foods. Adults need a pint of milk a day; children, a quart.)

Breakfast

Orange Juice Pork Sausage Shredded Wheat Biscuits Beverage

Lunch

Macaroni Casserole with Tomatoes Buttered Carrots Milk
Fruit Gelatin

Dinner

Veal Stew or Veal Tartlets Canned Green or Wax Beans
(The tartlets are individual baked pie shells filled with creamed, well-seasoned diced cooked veal)
Cabbage and Green Pepper Slaw Rolls Beverage
Baked Custard with caramel or fruit juice syrup

Breakfast

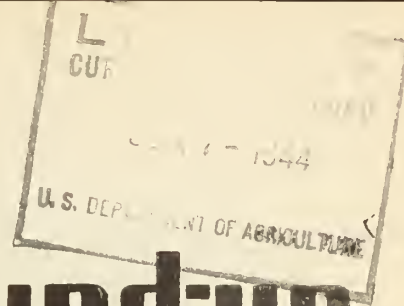
Rhubarb Waffles Beverage

Dinner

Stuffed Breast of Lamb Boiled New Potatoes
(Potatoes may be cooked with meat)
Asparagus or Spinach Grapefruit and Avocado Salad
Lemon Pie Beverage

Supper

Sliced Cold Meat Sliced Tomatoes Rye Bread and Cheese Spread
Cake Beverage



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 27, 1944

I N T H I S I S S U E

FOOD CONSERVATION STILL A WARTIME ACTIVITY....Wise Americans will still subscribe to food conservation by using plentiful foods. Broadcasters can help with "tomorrow's food" by urging listeners to set new production records in Victory Gardens and home-canning. Assure them there'll be pressure canners, water bath canners....mason-jar lids, jar rings and tins.

MILK SUPPLY MANAGEMENT....Here's the "why" behind WFA's recent action relaxing milk and ice cream quotas.

EGGS....Yes, it's still "eggs"! Omelets, angel food cakes, custards....all those favorite American foods can still be on the menu list, as egg supplies continue heavy for the next few weeks.

SPINACH....EAT YOUR SPINACH....How many of us have heard that...and still do... from the chief cook of the household....The new crop is coming to market....here are some suggestions for quick and easy preparation...and palatable eating.

FISH COMES INTO ITS OWN....The outlook for the coming season; more fish than we've had, but not up to pre-war production...fish is also on the war-essential food list.

ZOO INHABITANTS CONTRIBUTE TO WAR EFFORT....They'll soon feel the pinch on peanuts, the animals of the zoo....Tin containers filled with peanuts are now going to men and women of the armed forces overseas...but peanut butter will continue to be plentiful on grocery store shelves.

WITH THIS ISSUE....Two pages of information on onions, to help move this perishable vegetable that's been long absent from our dinnertables.....a current issue of CONSUMERS GUIDE on food conservation. (In case you're not already getting this monthly Government magazine published especially for consumers, fill in the blank and return it to Marketing Reports Division, OD, 821 Market Street, Room 700, San Francisco 3, California).

US Department of Agriculture
Food Distribution Administration

- - FOODS IN THE NEWS IN THE WEST - -

PLENTIFUL FOODS.....Here are the items which homemakers should use increasingly in daily menus during June, in order to consume the foods in greatest supply, and in the case of fresh items to prevent waste of perishables:
EGGS...ONIONS...NEW CROP WHITE POTATOES...CANNED PEAS...CANNED GREEN AND WAX BEANS.

Substantial supplies of fresh vegetables expected to be available in most markets in the coming month include peas, lettuce, carrots, artichokes, beets, green corn, cherries, Valencia oranges and lemons.

Other foods on the abundant list, which come under the listing of "staples", are frozen vegetables (where facilities for handling are available)...peanut butter...orange marmalade...raisins...dried prunes...dry mix and dehydrated soups...soya flour, grits and flakes...wheat flour...wheat flour and bread...macaroni, spaghetti and noodles...oatmeal...rye breakfast foods.

MEAT SUPPLIES.....Midwest hog supplies are extra heavy, but in the West our markets aren't flooded....there is still evidence that consumers aren't buying the so-called "less-demanded cuts" of meat, such as lamb neck, breast, shank and shoulder cuts and beef flank, plate, brisket and neck. Housewives can well consult their butchers on cuts to buy, so that there'll be more of all cuts to go around, instead of too much demand for a few items like rib chops, rolled roasts, rib roasts, etc. Pork is still the best buy in meat, in terms of total supply. Veal and lamb are runners-up. And westerners can be thankful they're in a lamb producing belt this spring...for with a smaller total crop, easterners are in many cases missing the usually abundant supplies of lamb at this season of the year. With transportation crowded, our proximity to lamb-producing areas has given us a more nearly normal supply.

FOOD PICTURE.....The recent OWI food statement, in which the War Food Administration and OPA cooperated, indicates we'll probably have rationing of one type of food or another off and on until the war is won. One major factor which might cause the War Food Administration to request a restoration of point values on currently point-free meats is the possibility that the available supply may not be distributed evenly.

Housewives must do a bigger job of canning fruits and vegetables this year. The present supplies in most homes will have disappeared by late summer. The present point-holiday on canned vegetables is only temporary. Supplies of canned fruits and juices will continue low.

Need continues for civilian alertness to the use of abundant foods. Special care, too, must be taken to encourage home production of vitamin-C rich foods such as tomatoes, and to emphasize those foods which are good sources of riboflavin and niacin, such as milk, meat and enriched cereals. Regardless of the reduction in point values of many foods, the problem of securing farm labor remains critical. In summary, we are urged to use abundant foods...preserve surpluses...and, if possible, help harvest the crops.

- - - CONSERVE AND PRESERVE - - -

To be sure of having enough food for the full year, we are certain to have some over-abundance, seasonal or local, of various commodities, according to the Director of Distribution Lee Marshall's interpretation of the national market baskets. Take, for instance, the potato shortage a year ago this spring--a 12 million bushel shortage on the basis of normal consumption, which is about 3 percent of the total production. In other words, 3 percent more would have been enough--and another 3 or 4 percent more than that would have been more than enough. "The price of enough may be surplus", he said, "I don't mean to imply by this that we can sit around and let food be wasted."

Unlike the little boy who, when offered a dime for running an errand, replies, "I has a dime", the American people are sufficiently provident to know that the time to put by for the future is during the days of plenty. "To make hay while the sun shines" is most apropos for this summer season.

On the food fights for freedom calendar, June is the month designated for emphasis on food conservation. In the midst of apparent abundance there are some few persons who subscribe to the code -- "eat, drink and be merry for tomorrow who cares", but fortunately there are many more who observe the actual need for conserving for the future. With a temporary lessening of the overseas demand for food, due doubtless to shipping commitments in connection with invasion plans....a consequent overcrowding of storage facilities.....a larger-than-normal production of some foods.....and a very heavy marketing of livestock because of the feed shortage----there is a temporary abundance of general food supplies.

To judge future supplies by those available today would be a short sighted brand of optimism. To foretell accurately the quantity of food that will be marketed for civilians next winter one must know the outcome of the European war as well as war events in the Pacific. To visualize the food that will be available a year from now one must be in the weather man's confidence. Who claims that privilege.

The wise American homemaker enjoys today's plenty. Meanwhile she does all she can to provide for tomorrow's needs by preserving surplus garden truck, fruits and meat, and by buying foods in plentiful supply in preference to selecting foods that are scarce. In addition, she helps harvest when the local SOS comes through, distributes her garden surplus that might otherwise be wasted to friends or families who can use it, and assists in any way possible to conserve food.

Putting a little by for the rainy day indicates intelligent foresight. It takes no clairvoyance to be sure that the demands upon our food supply will be increasingly heavy as the fighting continues.....and in the months to follow the making of peace, as the world re-converts to normal living. The certainty of food on the shelves is best assured by harvesting and preserving today every available pound of food.

- - -CANNING EQUIPMENT FORECAST- - -

Victory gardens and home canning should break all records this season, and equipment will be ready to meet the demands. The Bureau of Human Nutrition and Home Economics recommends the steam pressure for the home canning, of meat, poultry, and fish, and all the common vegetables except tomatoes. In order that homemakers will have enough of these pressure canners, manufacturers expect to make 400,000 steam pressure canners available during the canning season.

The boiling water bath method is accepted for the home canning of tomatoes, tomato juice, rhubarb, fruits and fruit juices. So the War Food Administration has requested for this season, the manufacture of about 500,000 enameled water bath canners. All of these canners will be deep enough so that quart jars can be covered with one or two inches of water. These too, will be sold in ordinary trade.

Home canners will be glad to know that the familiar porcelain-lined zinc lids that fit standard mason-size jars will be manufactured again. Manufacturers of the commercial "63" jars promise well-distributed supplies of metal-sealing disks to fit jars with this smaller-sized mouth. When these jars suitable for re-use in home canning, are saved, it is necessary to save the metal screw caps that originally came with the jars or caps of the right size from other jars. The jar cap must be screwed down over a new, flat metal disk to complete the seal.

Rubber jar rings for 1944 will be made of reclaimed rubber and synthetics. No crude rubber will go into jar rings this year.

Canning food at home in tin calls for a sealing machine. In all likelihood, families owning such sealers will be able to buy plenty of tin cans, because no limit is set on the manufacture of tin cans for home canning.

- - -MILK TAKES A BOW- - -

Milk, that perfect food, is taking so many curtain calls as a popular beverage that stand-ins such as butter, cheddar cheese, evaporated milk and skim milk powder would suffer neglect if it weren't for the management of milk quotas among distributors.

Just recently, the War Food Administration partially relaxed the milk and ice cream quotas. According to Tom Stitts, chief of WFA's dairy and poultry branch, there were three main reasons for this new move. "First, the war programs for dairy products have succeeded or are beginning to succeed in accomplishing their objectives. Second, in most areas there will be an unusually large production and sale of milk by farmers during the spring and summer months this year. Third, the physical ability of the dairy industry to receive, handle, and process milk this year is very appreciably affected by war conditions." As May and June are the peak months of milk production, this seemed to be the logical time to partially relax the restrictions.

It was impossible to entirely do away with the restrictions because it is still necessary to produce certain quantities of the milk products for vital war uses. If all the control were removed, the production of certain products would drop below the quotas necessary for wartime uses."

- - -HELD OVER FOR SEVERAL WEEKS- - -

The "plenty" sign that was put on eggs for a short period extending to May 15 is still there, so homemakers can continue using large quantities of eggs. The 1944 egg production is the heaviest on record and has reached its peak for the season. With freezer and cooler space already filled nearly to capacity, it is apparent that most of these eggs cannot be stored. To remedy this situation it is recommended that consumer demand continue to be stimulated for the next few weeks.

- - -SPINACH SQUIPS- - -

(Note to broadcasters: As supplies of spinach are spotty, check your local supply before using this copy.)

Spinach rates high on the list of abundant vegetables this spring. Thriving on sunshine and a mild climate; spinach grows earliest in Florida which sends most of its crop to the canneries. As the thermometer rises in other vegetable growing states, the production line moves north across the country: Virginia, Maryland, California, Missouri, Indiana, Ohio, Pennsylvania, New York, Wisconsin, Washington and Oregon.

Fresh spinach from Texas takes from 6 to 10 days to reach consumers in New York City, traveling in refrigerated cars, usually in lidded bushel baskets--16-18 pounds to the bushel.

Spinach is one of the oldest known cultivated vegetables. Ancient writings indicate that it originated in Persia. When it reached China, they gave it the Chinese word for "Herb of Persia", and mentioned it in some of their writings as far back as the seventeenth century. Although the exact date that spinach reached England is not agreed upon, this vegetable is supposed to have been mentioned in a cook book used by the Court of Richard the Lionhearted.

Droopy spinach revives readily if washed, wrapped loosely in a damp towel and set in a cold place. The freshest of spinach will fail to please if it is not washed free of sand. Washing it under gently running water and lifting it out of several waters is a satisfactory method.

Spinach may be cooked with only the water that clings to its leaves after washing. In a tightly covered pan on a low to medium fire the salted spinach will reach its most appetizing state in 5 to 10 minutes of cooking. Bacon drippings or butter are simple, delicious seasoning for spinach.

- - -THE TIDE TURNS FOR FISH- - -

More people are eating some fish, according to a pleased fish industry. For example, in the past the average New Yorker normally consumed 32 pounds as against only six for the resident of Louisville, Kentucky. Chicago, greatest inland wholesale fish market, handled 48,000,000 pounds in 1939....and last year, 84,000,000 pounds were received there. Not only are more people eating fish, but they are eating more different kinds.

Civilians in this country have never eaten as much fish as people in many other countries. Before the war the average U. S. citizen ate 13.3 pounds of fish a year...the Swede ate 52 pounds...the Englishman 35...the Canadian 29...and the average Japanese got 55 pounds a year.

Homemakers, failing to get traditionally popular varieties of fish at the market, are proving they have an adventurous spirit by buying the lesser known kinds, such as shark steak, carp, buffalo fish, bowfin and mullet. However, less fish of all kinds is available right now due to the manpower shortage and average consumption has dropped to 8.9 pounds per capita.

Hundreds of fishing vessels have been requisitioned for war service so that production dropped sharply when the war started...from five billion pounds in 1941 to less than three and three-quarter billion pounds in 1942. Production climbed in 1943 to four billion pounds.

A considerable portion of the production has been reserved for use by the armed forces and for lend-lease requirements. More than half the canned salmon and about the same percentage of sardine, for instance, have gone for such purposes.

All kinds of fish, familiar and less familiar, will be more plentiful for civilian use this next year although production will still be below normal due to wartime conditions.

- - PASSING THE PEANUTS - -

Our elephant and monkey friends at the zoo and circus would tighten their belts another notch if they knew that Uncle Sam set aside around half the reserve of Spanish and Virginia shell peanuts at southern shelling plants for shipment to our armed forces overseas in the form of salted peanuts.

Men in the armed forces overseas have been clamoring for more salted peanuts, but they couldn't be sent because of the shortage of tin. Glass containers weren't satisfactory on account of breakage. Peanuts in paper cartons failed to keep fresh on long trips. In view of the concentrated nutritive value of peanuts, as well as their appetizing quality, War Production Board set aside tin in which to pack peanuts for men and women in foreign service.

Consequently, until the next crop is harvested, civilians will not be able to get as many salted peanuts. However, peanut butter will be plentiful on the grocer's shelves, as most wholesale houses are well stocked.

Peanuts supply a "pick-up" which active men and women frequently need. In nutritive value they really "pack a punch". They rank high in protein, fat, carbohydrates, iron, phosphorus, calcium, and vitamins, thiamine and riboflavin. One ounce of peanuts contains approximately 155 calories.

Here's a suggestion broadcasters might pass along to their listeners. If that last bit of peanut butter in the bottom of the jar is dry, add a little melted butter or margarine or cooking oil, and mix it well. Don't waste a bit, for peanuts have gone to war.

- - THISTLE SOUP FOR DINNER - -

Thistle soup and flower salad may not be an appetizing meal, but it can help to sustain life. Miss Annie E. Pinneo, formerly a teacher in an American school in Athens, remained in Greece for over a year after the German forces moved in, and she ate just such a meal more than once.

"Looking like a swarm of black beetles" is the way Miss Pinneo described the Germans as they picked the shops clean of food and other commodities within a few days. Nothing remained on the shelves of grocery stores but boxes of pepper.

One of the first things the Germans did upon entering the city, was to set up a printing press. They printed hundreds of thousands of paper Reichsmarks. The people were forced to use these marks for all business transactions. To get the Reichsmarks the Greek people had to work for the Germans. In this way, the Germans eliminated a large percentage of open resistance, since heads of families had a choice of seeing their children starve to death or of performing some service for the Germans for which they would be paid in marks, and with which they could try to buy food. Under this procedure the Germans immediately established a stranglehold on the entire economic life of the country. Not a piece of bread, not an orange could be bought unless the Reichsmarks were used as legal tender.

Prices were prohibitive when food was available. A cauliflower was \$2.60, an orange \$1.20. After a time all green vegetables disappeared, and thistles and nettles were sold, instead.

By the fall of 1941, starvation was widespread. Miss Pinneo says that one could not walk through Athens without seeing people dying in the street. She carried in her pockets little bunches of currants. These had been found to be energy-giving for the most emaciated children she met. More than once she saw people collapse and fall to the pavement from hunger.

The German seizure of food was ruthless and complete. Miss Pinneo tells an incident of a fisherman who came up to the shore with a small catch of fish. Waiting for him were German soldiers. The fisherman protested at giving up the fish--the people of the village were starving. He was shot on the spot for the mere protest. The man died on the shore and the Nazis went away with his catch of fish.

As the terrible winter of 1942 drew to a close, Miss Pinneo heard that a soup kitchen had been opened in a crowded part of Athens. A Turkish ship, The Kurtulus, had brought tinned fish, raisins, and figs, paid for with funds sent by the Greek War Relief Association. Five shiploads came from Turkey before the Kurtulus ran aground. The food was distributed in soup kitchens in a most meticulous manner by Swiss and Swedish Red Cross workers. Miss Pinneo relates that a baby's thumb, for instance, was marked with red ink, so he could not be brought back in the line to get more than his ration.

At the present time, the United States and Canada are making monthly shipments of the following foodstuffs to Greece: wheat, fish products, milk, soup powder, high protein spaghetti, and rice. As this isn't nearly enough to provide them with satisfactory diets, consideration is being given now to increase these quantities.

---WHAT'S IN THE MARKETS---

Fresh fruits and vegetables currently available
on three West Coast wholesale markets

PORTLAND

The Northwestern apple season is just about finished. The apple crop was not only short in the Northwest, but eastern states had less than one-half the output of a year ago. Apple prices have been held in check by ceiling regulations, and during the entire season when supplies could be had, the price was not excessive. The markets have plenty of oranges, grapefruit and avocados. A few strawberries from Louisiana and Tennessee have made their appearance, but prices are high and supplies limited.

Asparagus prices have moved higher and present yield is declining. California asparagus is arriving in Portland to take up the slack. Lettuce is plentiful, but quality is only fair. Wholesale prices are slightly lower and this commodity will soon be a best buy. Very best quality spinach is the lowest-priced vegetable, with heavy receipts. Bunched beets and turnips will rapidly increase with the arrival of warmer weather. Old crop potatoes are passing out of the picture, but new stock will be coming in. Tomatoes are plentiful and prices reasonable. Local peas are fairly plentiful, but prices are slightly higher.

SAN FRANCISCO

Best buys on the fresh fruit and vegetable market are artichokes, asparagus, cabbage and lettuce. Prices have declined slightly on peas and spinach, but quality is not quite as good as it was several days ago. Celery is still in the luxury class. Onions and tomatoes are in fairly liberal supply, at somewhat lower prices. Old potatoes are scarce and prices unchanged. New crop potatoes are somewhat lower as a result of price ceilings that have just gone into effect. Snap beans and peppers are more plentiful and selling at ceiling prices.

Citrus fruits are about the same as last week. Small-size oranges are selling at slightly lower prices. Avocados are a little higher in price as the season for the Fuerte variety draws to a close. Cherries are slightly lower in prices and strawberries are selling freely at ceiling. First of the season raspberries, youngberries, cantaloups and watermelons are arriving in limited quantities and are selling at high prices.

LOS ANGELES

Heavy supplies of lettuce have resulted in lower prices. Plenty of onions are available and prices have been gradually declining. Tomato supplies have increased and prices are lower than a week ago. Oranges and grapefruit are in lighter supply. More cherries are coming to market. Commodities starting to appear in small quantities are cantaloups, watermelons, apricots, pineapple and bananas..

Beets, chard, carrots, turnips, kale, radishes, green onions and spinach are reasonably priced. Receipts of cabbage are adequate with prices unchanged. Receipts of corn have increased slightly. Beans continue light and asparagus, at slightly higher prices than last week, is in moderate supply. Peas are in a lower price bracket.



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JUN 12 1944

Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, Calif.
June 3, 1944

IN THIS ISSUE

- HOW IT'S DONE.....Perhaps you've wondered how Round-Up is put together...In this Birthday issue, we give you a play-by-play report...and we hope you'll give thought to some suggestions for us about future issues, so Round-Up can continue to give you the food news you want and need.
- MORE TOMATOES.....in Victory Gardens, and later on, home-canned for winter use. Civilians won't get as much of the commercially-canned tomato pack from the '44 crop as they had from the '43 production. Urge listeners to meet Vitamin C needs with more jars of home-canned whole tomatoes, juices and ketchup in their pantries.
- DON'TS FOR HOMECANNERS.....Let's not take any chances with our lives this year during the canning process or later when home-processed food is eaten. Broadcasters can help tremendously to steer their listeners away from unsafe methods of canning.
- HIGHLIGHT OF SUMMER EATING.....is ice cream....and it won't be a war casualty this year, thanks to the dairy producers and relaxation of a War Food Administration order.
- COMMUNITY CANNING IN BRITAIN.....Broadcasters may find this story about how British women have cooperated in canning centers of real interest for their listeners.....Resourcefulness is the keynote of operations across the Atlantic.
- TO MARKET...TO MARKET.....with a list of fresh fruits currently found on fruit and vegetable counters up and down the West Coast....The good variety of vegetables and appearance of summer fruits gives plenty of food for thought, and cool eating on warm days.

US Department of Agriculture
Food Distribution Administration

- - - WHAT'S IN THE MARKETS - - -

Fresh fruits and vegetables currently available
on three west coast wholesale markets

LOS ANGELES

Housewives will be able to season point-free meat cuts and salads with all the onions desired. Onions are "a-plenty" and prices are drifting to low levels. Tomatoes, to go with slightly higher-priced lettuce this week, are improving in supply and price. Crisp nutritious cabbage, which many of us prefer for salads, is a best buy, meaning prices are low and supplies are plentiful. Cucumbers are rather scarce, but celery is available, priced according to quality. Red radishes and green onions are moderately priced.

Taking a look at the fruit market, oranges, it appears, will have to be depended upon for our best buy. Those who are lucky will find berries, of all kinds, or cherries, but prices are high. A few apples have arrived, Winesap and Pippin principally. Early peaches at high prices are here. All popular fruits are in light supply and prices range in the luxury class.

Suggestions for economy vegetables include squash, corn, peas, rhubarb, beets and turnips. Nice fresh corn is priced according to quality and both Italian and White Summer squash are plentiful. New potatoes are in much better supply than old crop potatoes. For diversion, some miscellaneous vegetables to choose from include romaine, endive, chives, rutabagas, celery root, watercress, parsnips oyster plant, okra, mushrooms and eggplant.

PORTLAND

Local supplies of cauliflower that are poor will have to be depended on now that California supplies are absentees. Quality of cabbage has improved a little and prices remain at ceiling. Fresh, home-grown lettuce - yes - and supplies are plentiful. There's nothing like crisp lettuce leaves with slices of firm tomatoes and a dab of mayonnaise on top. Tomato supplies are moderate and prices lower. Supplies of peas and spinach, both popular stand-bys, are liberal and prices have dropped slightly.

In the fruit line, oranges, the small-sized sweet and juicy ones, are selling at lower prices. Grapefruit is adequate. Strawberries are rather scarce and mostly selling at ceiling.

SAN FRANCISCO

June - and we have our first offerings of early varieties of apricots and peaches, and a few cantaloups and watermelons. Prices are fairly high, but this is expected at the first of the season. If strawberries have been hard to find, raspberries might be a little easier on the pocketbook this week. Heavier supplies have arrived and the price has dropped slightly. Apples -- there are none until the new crop becomes available. But citrus fruits are in normal supply at unchanged prices.

Here's how the vegetable picture looks. From San Joaquin Valley heavy supplies of squash have arrived and the price is considerably lower. Green corn is another best buy for this week. The onion supply is fairly liberal. Potatoes from the old crop are rather scarce, but new crop "spuds" are increasing --- favorite for boiling with skins on. Lettuce and peas are still good buys, but have advanced from last week's very low prices. Snap beans are scarce, although gradually increasing in supply.

- - -RADIO ROUND-UP IS TWO YEARS OLD- - -

Just two years ago, on June 5, 1942, the first issue of Radio Round-Up went in the mail. It was the result of requests from many directors of women's programs for current, factual information on the ever changing food situation. The letter to broadcasters that went along with that first issue explained that Radio Round-Up on food "is written especially for you". When the first issue of Round-Up reached the desks of broadcasters we had been at war six months. Round-Up was created to help the directors of women's programs interpret this changing food picture to homemakers.

Each week your reporter rounds up the news on food supplies, war food orders, nutrition, food preservation, school lunch and industrial feeding programs. In fact, any angle about food that will be of interest to you and your listeners has a place in Round-Up.

About 80 percent of each Round-Up is written in Washington. The copy is rushed to the five regional offices of War Food Administration by wire and air mail. After adding news of local interest the regional offices mimeograph Round-Up for exclusive Monday distribution to 575 radio stations. On Wednesdays copy is mailed to about 900 others who have requested the service--home economists and people in key information positions.

Lack of exercise is not one of the Round-Up reporter's worries. The South Agriculture Building is the third largest office building in the world, housing 4300 office rooms on only six floors. Even with the vertical lift of 40 elevators a busy reporter can do a lot of walking along the 7 miles of corridors. A tunnel and 2 bridges span wide Independence Avenue to connect the South Building with the original Agriculture Building, now called the Administration Building.

It is not unusual to walk a mile on a Round-Up story. For example, to get a story on peanuts for a recent issue, the reporter walked 3 blocks for the interview with the expert in the special commodities branch, 3 blocks on the return trip to write the story...and 6 more blocks for a second trip to have the story checked and return to her office. Accuracy is top rule for Round-Up. Experts in individual fields, whether it's peanuts or vitamins, read every line of copy before it is sent to you. So your Round-Up reporter is actually your Washington leg-woman.

Having walked or run down the story your reporter is careful to write the facts in a background style that is easily adapted to your own script style. By using background style instead of script the same material can be used by several foodcasters in the same city. Your suggestions for a more helpful Round-Up on food news are always welcome.

- - -CUE TO VICTORY GARDENERS: TOMATOES NEEDED- - -

U. S. civilian share of the commercial pack of canned whole tomatoes and tomato juice from the 1944 crop will be reduced drastically, due to increased war requirements. It is only five-eighths of the allocation to civilians from the previous crop year. Since tomatoes are a good source of vitamin C, this may mean a serious deficiency in the average civilian diet next crop year, particularly in October, when citrus fruits, the richest sources of vitamin C become somewhat limited.

To offset this indicated deficiency, it is imperative that more tomatoes be grown for home consumption and canning. Planting more tomatoes in victory gardens, and canning the maximum possible amounts will go far toward insuring adequate vitamin C in the family diet this fall.

With the exception of the south and other warm areas, tomatoes can still be planted over a major section of the country. However, the end of the tomato planting season is rapidly approaching, and the need for immediate action is urgent. In the West, tomatoes can be planted in many sections until the end of June. However, due to soil and climate variations from place to place, it is best to check with your local Victory Garden committee or the county agricultural agent for exact planting dates. Along the coast, quick-maturing varieties can be planted up to the first of July....and in high altitude and mountainous sections, until the end of June.

Tomatoes, together with citrus fruits and raw greens, comprise Group II of the Basic Seven foods. The Bureau of Human Nutrition and Home Economics found that in 1943 tomatoes and citrus fruits together contributed 29 percent of the total vitamin C value of the foods brought into the average American kitchen.

Tomatoes are an efficient source of vitamin C. Due to their acid content, the vitamin C in tomatoes is more stable than in other foods. Thus, there is likely to be less loss of this perishable vitamin in cooking and in canning.

Tomatoes are an economical source of vitamin C. They are neither difficult nor costly to grow or to can, and they may be made generally available, at all seasons, in canned form. This makes them a good food to rely upon for the inclusion of vitamin C in the diet. By canning whole tomatoes and tomato juice, vitamin C may be obtained from the cupboard and canned food shelves at a time when the citrus fruits in orchards and on food counters are likely to be light. This is particularly true in the fall, during the lapse between the mid-year and the fall marketing seasons of grapefruit and oranges.

- - - CAREFUL CANNING - - -

Although the U. S. Department of Agriculture is urging everybody who can do so to preserve surplus victory garden products, two methods of home canning are not advocated by canning specialists. The warning is out against the "open kettle" method, and the "oven" method.

Many homemakers have tried oven canning, believing the jars were processed at temperatures higher than boiling, because the oven thermometer recorded a high temperature. But the canning specialists say that the food in the jars stays at about boiling point, so that you can't count on harmful bacteria in vegetables being killed. Even for fruits and tomatoes which can be adequately processed at 212 degrees F., oven canning is not a good method. Oven canning has caused serious accidents to persons and property. When jars seal during processing, steam builds up inside the jars and they may explode. The oven door may fly off--glass may fly out--the worker may be seriously hurt--the stove and kitchen wrecked--and food and effort wasted.

Open kettle canning is wasteful for fruits and tomatoes. When canned this way, food is cooked in an ordinary kettle, then packed into hot jars and sealed without further heating. Bacteria can get into the jars when food is transferred from kettle to jar, and may cause the food to spoil. Open kettle canning is dangerous for vegetables because they may contain types of bacteria destroyed only by far more thorough and intense heating.

The canning specialists recommend preheating food and packing hot into jars then processing fruits, tomatoes, and pickled vegetables in a water bath canner, and vegetables other than tomatoes in a steam pressure canner.

- - -A JAMBOREE- - -

Thousands of countrywomen in Great Britain are getting ready to do a special job--a voluntary, unpaid job, of preserving every possible pound of fruit--collecting it, preparing it and putting it into cans.

This fruit preservation scheme--as it is called--started in the Autumn of 1940 when there was a positive glut of fruit all over England and Wales. And the year, too, when the war was literally in everyone's backyard.

In the beginning, the centres were set up in a hurry in all kinds of places, some in remote villages where there was a great deal of fruit but very little plumbing. Old copper kettles in stables were converted into sterilizers. Galvanizers in wheelbarrows were fitted with cold water to serve as coolers, and water was collected in jugs and buckets from the village pump by hot, perspiring but cheerful middle-aged women. In one country a van was converted into a mobile canning unit and driven right into the orchards--tables being set up and all the apparatus arranged around so that the fruit went from tree to cans in the space of about one hour.

Nowadays the work of preserving fruit in the villages, like every kind of wartime work, has been more centralized and organized more professionally. Now the fruit is brought to properly-equipped premises which have good water supplies, and where large boilers are available. The old haphazard enthusiasm has been replaced by organized efficiency, and a resultant increase in the work done.

Last year, the 1659 centres in the country provided a year's jam ration for over 76 thousand people. The Ministry of Food is behind the idea, too, and every year backs the appeal for more workers. The interest is not confined to official backing of this kind. One of the centres in the north of England reports that the local policeman takes the affairs of the fruit centre very much to heart. On his rounds, he bullies all the outlying farms to deliver their surplus fruit, and conducts it to the centres himself, much as he would conduct a mayorial procession. Another small centre in the midlands which produced many thousands of pounds of jam last year was staffed by some fifteen to twenty elderly ladies, average age well over 70. So the fruit preservation scheme has meant that town and country people who for years have preserved and bottled fruit for their own larder, now get together to do the same job for the national larder.

- - -ICE CREAM IS IN THE GOOD NEWS AGAIN- - -

The production of ice cream and other frozen dairy foods for civilian use this summer should be more than 30 million gallons greater than it was last summer.

For the housewife, this means reasonable assurance that she'll be able to find a quart of ice cream to take home for the family supper most any day during the next 8 to 10 weeks.

For the farmer, it means an additional outlet for much of the extra milk his cows are producing. This extra milk production is the reason we're to have more ice cream. With experienced help short in many of the plants making cheese, evaporated milk, butter and milk powder and with more milk than ever before coming off the farms these days, the WFA decided to "up" the ice cream quotas--that is, allow manufacturers to use more milk in the production of frozen dairy foods.

From February 1943 to May 1944, manufacturers were limited each month to 65 percent of the milk solids which they used in the corresponding month of the base period (December 1941 through November 1942) and to a maximum milk solids content of 22 percent. The maximum milk solids content determines ice cream richness.

Last month, as we told you in our Round-Up of May 8, these quotas were raised for the first time. The quota percentage was set at 75 percent for May and also for June. And the maximum milk solids content was raised to 24 percent.

Now the June quota percentage has been raised still further - to 85 percent--and the July quota was increased to 75 percent. The increased richness (24 percent) will also be permitted in July.

According to the laws of gravity and milk production, however, what goes up must come down. So in August, when milk output starts to decline seasonally, both the 65 percent quotas limitation and the 22 percent milk solids allowance will be restored, in order to help make sure that the military forces will get all the dairy products they need.

- - -CHINA PLANS FOR FULLER PLATES- - -

Cut off by warfare on land and Japanese blockade by water, the Chinese people who live in the parts of China occupied by the Japs are facing a serious food shortage. Normally the coastal cities, which are very large centers of population, depend upon shipping imports from abroad or from other parts of China.

This is not possible now with closed ports of entry. And with normal distribution activities disrupted by Japanese requisitions of locally grown produce, the Chinese are trapped in a very tight food situation.

Even in normal times food production in the coastal area was not sufficient to meet needs of the urban population. Transportation facilities between the surplus and the deficit producing areas make food distribution an extremely complicated business even in peacetime.

In contrast, it appears that the wartime production of some foodstuffs, especially of cereals, in what is now termed Free China, has been in sufficient quantities to meet pre-war standards of consumption. This relatively favorable situation is attributed mainly to the successful efforts of the national government to expand food production through land reclamation, the use of improved varieties of seed, and double cropping.

However, additional supplies of food are needed even in Free China to meet the scarcity of proteins, vitamins and minerals. The average dietary standards of the Chinese people and the amount available to each person needs much improvement. The diet is made up largely of cereals supplemented by soybeans and other legumes, vegetables and fruits. The ordinary person eats meat only on special occasions.

The Chinese government, when China is once more free, hopes to encourage production of leafy vegetables rich in calcium and vitamins, expansion in the production of root crops and fruits, greater use of soybeans and other legumes, and an increase in the per capita consumption of poultry and dairy products, especially eggs and milk.

- - A NEW NAME FOR AN OLD STAND-BY - - -

Of course, you want to keep up on terminology, so here is a change in lingo. For the purpose of Federal Food, Drug and Cosmetic Act, the product formerly known as "dried skim milk", "powdered skim milk", or "skim milk powder" should henceforth be designated as "non-fat dry milk solids" or "defatted milk solids." The dry milk institute advises that the industry prefers the name "non-fat dry milk solids".

Now that the name has been changed, it will be helpful to homemakers if we all use the name "non-fat dry milk solids".

- - DRAMA IN LEND-LEASE - - -

Here's some "behind the scenes" information on the first shipment of lend-lease food to Britain...it gives us a little of the drama of a now-routine activity of wartime food distribution.

Three years ago (May 31, 1941) the Egyptian Prince, a blacked-out British freighter, dropped anchor at Tilbury Docks in London. She carried 3,983 cases of shell eggs and 200,256 pounds of cheese--the vanguard of more than 11 million tons of food which has moved from American farms into allied ports in the past three years.

The first shipment was carried out with drama and dispatch that became routine once thousands of tons of food stuffs began to move across the Atlantic on the "bridge of ships". Procurement officers of the U. S. Department of Agriculture, had three days notice that the Egyptian Prince was sailing from New York to bomb-pummelled and submarine-encircled England within 72 hours. It had space enough for 210 long tons of eggs and cheese. Eggs were obtained in the midwest, cheese in Wisconsin. Warehouses and railways cooperated, speeding the goods to New York to be loaded in time for the ship to meet the convoy.

In case you've been wondering....and believe your listeners have too... this is the way lend-lease food to our allies now stacks up, mathematically speaking.

Russia now receives about the same quantity of lend-lease foods from the U. S. as does the U. K. Lend-lease foods also go to North and West Africa, Greece, Australia, and New Zealand. In all, approximately 12 percent of the American food supply was allocated to the United Kingdom, Russia and other lend-lease countries in 1943. This year U. S. food shipments to these countries are expected to total about 11-1/2 percent of our estimated supplies--about 4 percent to the United Kingdom and other British claimants, 3-1/2 percent to Russia and 4 percent for use in fulfilling emergency requirements for liberated areas and other special purposes. An additional 13-1/2 percent has been allocated for use by the U. S. armed forces and military services, which means that U. S. civilians will continue to receive about 75 percent of all the food we produce.

The 4 percent of our total U. S. food production which is being shipped to the British under the lend-lease program is providing the U. K. with about 10 percent of her annual food supply.

Total food shipments from the U. S. during the past three years (from the first shipment in 1941 to May 1, 1944) under lend-lease to Britain, Russia and other lend-lease countries include approximately 12 billion pounds of dairy products, milk equivalent basis, consisting largely of dried skim milk, evaporated milk and cheese; almost 5 billion pounds of meat of which about 4-1/2 billion pounds has been pork....2 billion pounds of eggs (shell egg equivalent)....more than 2 billion pounds of edible fats and oils, mostly lard.... 799 million pounds of dried fruits....949 million pounds of dry beans and peas.... 514 million pounds of canned fish....326 million pounds of canned vegetables.... and 643 million pounds of canned fruits and fruit juices, including citrus juices, nearly all shipped in concentrated form.

Although these quantities of food have represented but a relatively small part of the U. S. production, to the lend-lease countries it has meant the difference between a subsistence diet and the necessary food to keep fighting.



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JUN 20 1944

U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up *on food...*

A Service
To Directors of Women's Radio Programs

San Francisco, California
June 10, 1944

I N T H I S I S S U E

LICK THE PLATTER CLEAN.....We thought you'd like this poster for your office..... a reminder that food conservation is a government campaign for June, but important every month of the year.....And in the face of our temporarily good food supply, we want to be sure not to waste any of it, the perishable items particularly.....home-canning and community-canning of perishable fruits and vegetables are food conservation in action. (Poster being sent under separate cover

UNRRA'S FUTURE LOOMS LARGE.....If you've wondered just how this agency would operate in the post-invasion period, here's a concise outline....it makes us realize just how far our food supply will go in "writing the peace".

BUSHES OF VITAMINS.....Science continues its revelations in nutrition....But most folks have never needed the "good for you" reason to eat bush berries.

FOOD NEWS FROM FRANCE.....In the wake of D-Day, these quotes from French papers about their stringent food situation spur us on....to do a better job at what we're doing every day, so that Victory can come sooner.....and the French people once more will have the foods necessary for good health.

NO STONE UNTURNED...OR TIN UNFILLED.....Everything from A to Z, practically, was canned at the community center in Pueblo, Colorado, during the 1943 season and even bigger plans are underway for '44....Broadcasters will find this "how it's done" story useful in interesting their community leaders in a similar activity.

FRESH FOODS.....This week's story, simply told, is variety.....and a promise of better things to come, for summertime menus and home-canning sessions.

US Department of Agriculture
Food Distribution Administration

FOODS IN THE NEWS IN THE WEST

UNCERTAINTIES OF WEATHER....still affect our crops...and this is one reason why we must continue our maximum food production...to meet such emergencies as recent windstorms in the southern Sacramento-northern San Joaquin Valleys which damaged grains crops...and is now estimated to have cut the apricot crop by ten percent.

Commercial apricot production for the nation is confined to the four western states of California, Oregon, Washington and Utah. This year's crop, as of June 1st, was estimated at 320,000 tons...about double last year's...so this ten percent drop in the California crop isn't as serious as it might be. Even so, home-canners are looking forward to all the "cots they can get for canning this year.

TOMATOES..... The same windstorm that blew green apricots off the trees in California, also uprooted a few tomato plants and blew some pear trees over but the damage appears negligible in terms of total acreage. It continues to be important for Victory gardeners to have plenty of tomato plants...and for home-canners to set a definite quota for canned tomatoes which will help them to meet vitamin C needed during periods when citrus isn't available.

EGGS..... Recent reports from Office of Distribution state and area offices indicated that eggs are still a "distress commodity" as far as the producers are concerned. Supplies continue plentiful. When we hear that the French in Normandy were surprised to learn from our doughboys who recently landed there that the British people are rationed on food and get only one egg per month....well, that makes us think twice about our egg plenty. The first thought is to prevent waste of this food which is so highly nourishing and so valuable to people in Allied and Axis-dominated countries. That means we should eat more eggs every day and "put down" more eggs in water glass--or use the light oil bath for home storage. And second, if we don't give the farmers a market for their production, they'll be discouraged...they'll lose money and so they won't be able to continue to supply us with this "egg plenty".

LUXURY FRUITS..... For those homemakers who feel that present early season prices of new crop berries and peaches put just a bit of strain on the pocket book, broadcasters can suggest use of these luxury items in small quantities in fruit salads and desserts...as sauces over puddings, cake or ice cream....it's surprising how far one box of berries will go when it's poured over sweet shortcake, or leftover plain cake that's been slightly browned in the oven.

---POST-INVASION TASK FORCE.....UNRRA---

Even as the war has been carried into fortress Europe, another day of invasion approaches...the time when food and life-line supplies go in for the relief of the liberated peoples. As each military objective is gained, the second step will be to bring health and rehabilitation to the civilians behind the fighting lines. This work toward world recovery will be carried on by UNRRA.. The Relief and Rehabilitation Administration of the forty-four united and associated nations.

UNRRA, established last November, has the huge and immediate task of taking over after the retreat of the enemy and providing the liberated sections with aid and relief. This means importing additional food to supply any difficulty. It will mean additional medical supplies, clothing, soap, and the necessities of life to prevent the spread of disease and pestilence. Arrangements will also be made by UNRRA for the return of refugees and exiles to their homes. Over 20 million people throughout Europe will be returning to their homes and at present may be two or three countries away from their native soil.. UNRRA will also assist in the resumption of urgently-needed agricultural and industrial production and the restoration of services such as transport and public utilities which are essential to relief. Once the relief and rehabilitation phases are accomplished, it will be up to the various nations themselves to choose other means than UNRRA for reconstruction and long-term national planning.

UNRRA has recognized from the start the widespread shortages of certain foodstuffs and the difficulties of wartime shipping. It will take steps at once to obtain from the soil of the occupied countries and from sea fisheries the maximum food in the shortest possible time. To aid in the recovery program, UNRRA has proposed the following six-point program:

1. That for the first crop year after liberation an absolute priority in liberated countries be given to the production of food for direct human consumption.

2. That specific attention be devoted to the production of those vegetables and pulses (edible seeds of leguminous crops such as peas, beans, etc.) which have a high protein or vitamin content; particularly that potatoes and their use for human consumption be increased to the maximum; and that a high priority be given to imports of seed potatoes and to seeds of other vegetables such as cabbage, savoy (a type of cabbage), swedes, turnips, and carrots.

3. That assistance be given by UNRRA to the restoration of necessary processing facilities in order to utilize to the greatest advantage the foodstuffs that are home-produced and imported; also that milling ratios in the liberated areas be maintained at high levels: e.g., wheat at 85 percent, in order to obtain the maximum food value from bread grains.

4. That immediate steps be taken to insure the early expansion of fishing and the whaling industry to assist in meeting the shortages of animal proteins, fats, and vitamins.

5. That prompt action to the same end be taken to prevent the further depletion of dairy herds...but that the restoration of such expensive forms of animal husbandry as swine and poultry production be delayed.

6. That pending the time when the supply and import situation is better, the importation and use of feeding stuffs for milk production be given priority over the importation and use of feeding stuffs for other livestock; but imports even for milk production should receive, in principle, secondary consideration to imports of food for direct human consumption; also having regard to the importance of milling offals as a feed, the importation of grain should have priority over the importation of flour; and that, similarly, the importation of vegetable oil seeds should have priority over the manufactured products.

---BUSHES OF VITAMINS---

More sources of vitamins are being investigated in several agricultural experiment stations over the country. In North Dakota, a native fruit called the buffalo berry proved exceptionally rich in ascorbic acid (vitamin C), even richer than the citrus fruits which are among the best fruit sources for vitamin C.

A generous serving of the berries would furnish about twice the standard minimum daily allowance of vitamin C recommended by the National Research Council. Samples of jam made from the ripe buffalo berries contained so high a vitamin content, that even the small quantities of jam that are spread on bread would add worthwhile amounts of ascorbic acid to the day's food supply.

New Hampshire grown-wild blueberries, tested by the experiment station in that state, contained a fair supply of vitamin C if eaten raw--a little less than canned tomato juice.

In Hawaii, papayas were found relatively high in ascorbic acid. The Hawaiian station also recommended peanuts for thiamine as well as for the high quality of their protein.

Two varieties of pecans were found to be high in thiamine but poor in riboflavin by the Arizona station. Minnesota chemists reported that wild rice was found a good source of several B vitamins--thiamine, riboflavin, nicotinic acid, and pantothenic acid.

---HEAVIER RESTRICTIONS IN HEAVY CREAM---

The War Food Administration has announced that beginning August 1st, all prescriptions for heavy cream must be approved by a local Public Health officer or the secretary of a County Medical Society. During the past few months, some physicians have freely prescribed heavy cream for their patients. This action is expected to limit the use of rich cream to rare cases where it may be required.

At the same time, WFA tightened its ban on the distribution of heavy cream by extending the limitation to include cream substitutes in addition to fluid cream and cream products. Beginning August 1, the sale of cream containing more than 19 percent of any kind of fat will be prohibited. This is an effort to save milk solids for more essential wartime uses.

Effective June 7, heavy cream and cream products may no longer be sold or used by hotels, restaurants, and other eating places, except for making ice cream. The present definition of cream products has been broadened to include aerated (air expanded) cream, reconstituted cream, and those cream products to which sugar, condiments, spices, flavoring, or similar ingredients have been added.

---FOOD NOTES FROM FRENCH NEWSPAPERS---

A quote from "Le Journal", Lyons:

"Condensed milk should from now on be considered not as a normal food but as a medicine as valuable and rare as insulin or the anti-diphtheria serum," a prominent doctor stated. In order to ensure the best and fairest distribution The Ministry of Food Supply contemplates entrusting the professional organization of physicians with the task of distributing condensed milk cards among doctors, each of them receiving a strictly limited monthly number which will thus be delivered only in cases of absolute necessity."

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"Le Petit Dauphinois"; Grenoble, says:

"Children under six, deprived of a quarter of a liter (a liter is approximately a quart) of milk, are severely handicapped despite the grant of an extra monthly sugar ration of 125 grams, namely about 18 small lumps, or half a lump a day, which is a totally inadequate compensation for the loss of a daily bowl of milk."

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"L'Eclaiseur De Nice" printed the following letter:

"A letter is published from a mother writing on behalf of all the mothers in her district: 'Since the canned milk supply is reserved for children under five months old, children from five to eighteen months old receive the same quantity of fresh milk as children from eighteen to thirty six months old, which is unfair because while the latter begin to eat a little of everything, the former are still on a milk diet exclusively, and their present daily ration is insufficient. On the other hand, the daily sugar ration of babies, seven lumps, is also inadequate. A minimum of twelve lumps or two per bottle is necessary, according to the doctors themselves. The parents make up the difference from their own limited ration, but it is not a satisfactory solution.'"

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From the paper "Arbetet" in Malmo, comes the following information:

"Frenchmen must not only feed the invaders but also those of their country men who are at present working in Germany. During November, the farmers in the district in central France were forced to send no less than 900 animals to Germany. Thus 1700 animals were requisitioned from a single district in one month."

"From the former free zone 31 trains, each carrying 450 requisitioned animals, have left for Germany every month. Before the German invasion the annual meat supply averaged about 82 pounds (European pound is 12 ounces) per person. Now it averages hardly 10 pounds."

"Recently the occupation authorities ordered 2,000 tons of butter to be delivered every month during 1944. Therefore the majority of the French population, as they cannot afford to buy on the black market, have not been able to get any butter at all." ---

"Only a part of the ration of the following commodities can be obtained legally: sugar, coffee, bread, flour, rice and meat. The only food commodity of which a full ration can be obtained is potatoes. The following are impossible to obtain legally: eggs, butter, margarine, cheese and marmalade. Vegetables, fish, oysters and mussels are sometimes available. (Figuring the value of a franc at 4 cents, and pounds in U. S. weight): black market prices in March 1944 in Paris, Lyons, Marseilles and Bordeaux were as follows: beef, \$3 a pound; eggs \$4 a dozen; sugar \$8 a pound; coffee \$27 a pound; carrots \$3 a bunch; potatoes 80 cents a pound; bread \$2.67 per pound."

---CANNING CENTER IN PUEBLO COUNTY---

Every day and many nights, the canning center at Pueblo, Colorado, started in April 1943, is a hive of activity. Beginning in the spring with the preservation of grapefruit, rhubarb and asparagus, the center was ready for June open house with exhibits on the entire Victory Garden program, including suggestions for fighting insects and plant diseases. Demonstrations of the actual canning of pineapple, peas, and rabbit and the preparation of peas for freezing, as well as the operation of the pea sheller, were featured in the kitchen.

Victory Gardeners wholeheartedly support the center, bringing their own produce to can and posting notices at the center of fresh produce they have to sell. Produce dealers and truck gardeners also keep records in the office of what they have to sell, taking orders through the center and delivering directly there, saving money, time, and transportation.

In the fall of 1943 many pounds of venison and elk were brought to the center for canning. Much of this meat would have spoiled had the center not offered the opportunity for preserving it. Chili con carne was especially popular, with sometimes 100 pounds of beans handled for this purpose in a single day.

Canning meat for barbecued ribs, chili con carne, mincemeat and the usual soups and stews was one of the main activities when the butchering season got under way. Preserving meat called for the knowledge of cutting the meat properly so meat blocks and other equipment were obtained and a demonstration was given by the extension animal husbandman. Exhibits in connection with it included ways of using the head and organs of the pig in making scrapple, panhas, headcheese, canned pork and beans, and canned meat stock for seasoning.

When cold weather came, a winter garden was planted at the center in large tubs and boxes. Rhubarb, parsley and other greens were grown in the sunny windows. A look at the records show that the 2,000 people who have used this center have canned nearly 64,000 jars of food. Last summer the center answered 25 to 75 telephone calls daily, and filled requests for more than 2,000 recipes. In addition, 8 pressure canners were checked and 19 demonstrations in canning, freezing, and butchering were given at the center. Sixty persons planned an entire canning budget.

The American Women's Voluntary Services set up the center in a building formerly used for an NYA Housing Project. The building was centrally located, well-lighted and equipped with electricity, sinks, and four stoves. A garden committee representing both the city and the county was responsible for securing additional equipment. Commercial firms donated such items as stoves and an ice-box. Other equipment, including canners, and miscellaneous items, were secured from the Office of Distribution stock of former WPA equipment. Two experienced Home Demonstration Club members serve as supervisor and assistant, and the county agent assists with the Victory Garden program. A nutrition specialist acts as technical adviser on food preservation. The Recreation Commission assumes financial responsibility for installations, cleaning and placards, charging 50 cents for a half day and 75 cents for a whole day to cover these expenses.

---DOUBLE DIVIDEND ON WASTE FATS---

The homemaker who deposits waste fat at the butcher's counter can check two credits to her account...she is sending a strategic war commodity to the battle lines and earning ration points for family food purchases.

Lee Marshall, director of distribution, War Food Administration, urges American women to continue saving all their used cooking fat and to turn it in to their butchers. For every pound of used fat, butchers will pay 4 cents and 2 red points. Mr. Marshall says, "We do not want to take good food fats and use them for non-food industrial purposes, if it can be avoided. The conservation of used fats by every homemaker can help in this situation."

As the invasion progresses, every effort on the home front should redouble. not slack off. Just after many meats become point-free fat collections declined to some extent. Although the latest reports indicate that collectors are now on the upswing again they must be stepped up still further...to about twice the rate of collections at the end of 1943. With larger quantities of food fats available for cooking, it should be possible for American women to meet the goal of 230 million pounds for 1944.

Before the war started, lands in the far east now held by Japan supplied the U. S. annually with more than one billion pounds of fats that were used for industrial purposes, such as pharmaceuticals, paints, soap and lubricants. With the loss of this source added to today's greater needs for making synthetic rubber, gunpowder, medicines, and scores of other wartime essentials, manufacturers are dependent upon housewives to salvage a considerably greater amount of used household fats.

---WHAT'S IN THE MARKETS---

Reports for the three major West Coast wholesale markets definitely herald a new season of eating...and home-canning. Yes, summer is here, with its variety and color in fresh fruits and vegetables. And, in talking to homemakers, broadcasters will help the food conservation program, by counseling listeners to use the plentiful foods --- familiarly known as "best buys". To use them in daily eating and in home-canning operations, so there'll be no waste of the perishable items that are important to a basic, healthful diet.

In many cases, it's the start of the season for canning favorites and so prices are still being quoted by market news reporters as "in the luxury class." But the warm weather will soon bring more fresh food to the harvest stage...so it's none too early for homemakers to get their canning equipment clean and in order.

Here's the way fresh fruits and vegetables have been reaching the markets this current week.

SAN FRANCISCO --- Wholesale prices of many items are declining as the season advances and offerings become heavier...near-by areas are also coming into production. Best buys in vegetables include asparagus, cauliflower, onions, peas, and squash... tomatoes are becoming quite plentiful and wholesale prices are below the previous week's.

Lower price ceilings, effective June 1, have brought down the price of new potatoes...and cucumbers and peppers are lower in price for the same reason, although only light supplies of these two items are coming in. Prices on most fruits show a decline as supplies become heavier....apricot prices showed a sharp decline as of June 6, but the recent wind storm in producing areas around Sacramento may cause some reduction in the harvest in that area. Cherry prices showed a decline the middle of the week and harvest in the Sacramento-Stockton area has been affected by the storm. At this writing, the effect of the storm on the apricot and cherry harvests is not known definitely. More early variety peaches are coming in....strawberries are moving freely in limited quantities at present ceiling prices, while youngberries are selling at lower prices than last week. As the harvest of watermelons and cantaloups increases in Imperial Valley, these items will gradually move out of the luxury price class....already there's been some decline as compared with opening prices for the season.

PORTLAND --- Plentiful vegetables in this market include local lettuce and green peas, new crop onions and potatoes....homegrown cabbage is more plentiful and some California cabbage is still available. Early cabbage is excellent for salad because of its sweet flavor and tender leaves. Some onions are arriving from Texas but the greater portion originates in California. Red onions are noted for their mild flavor, although not quite as sweet as small flat white ones. Large white onions are especially mild and excellent for salads. Local cauliflower is scarce...bunched vegetables are in limited supply....spinach is in ample supply.

Portland homemakers find a wider choice from fruit counters. Valencia oranges are plentiful....berries, now arriving in limited amounts are expected to increase in supply, with warm weather. Watermelons, cantaloups, apricots and plums are available, at early season high prices. Apples are very scarce.

LOS ANGELES --- Fresh vegetables in heavy supply, at low prices, are cabbage, Italian and white summer squash, tomatoes, onions....in the "moderate supply" class are asparagus, lettuce....listed as "adequate" are rhubarb, new potatoes.. in "light supply" are snap beans, peppers, cucumbers and eggplant. Of the bunched vegetables, carrots are slightly higher in price...while beets, parsley, chard, radishes, turnips, kale and spinach are reasonably priced, and green onions are selling at moderate prices. Best quality celery is selling at high prices, and ordinary stock at much lower prices. Cauliflower prices are lower. Only a few artichokes are on the market. Corn supplies are increasing, and prices are slightly lower. Miscellaneous vegetables available include broccoli, rutabagas, okra, mushrooms, romaine, endive, chives, celery root, watercress, garlic and napa.

The variety of fruits is wide, but in many instances, supplies are limited and prices are at ceiling or high levels. Strawberries are in light supply....raspberries, boysenberries, youngberries, blackberries and loganberries continue high in price. Grapefruit is in fairly light supply...oranges in adequate supply....avocados in moderate supply. Peaches and apricots are just coming in from San Joaquin Valley. Cherries are arriving from Beaumont district and Northern California. Cantaloup receipts from Coachella Valley are increasing, and prices are considerably lower than the previous week. A few Mexican pineapples, and light supplies of bananas from Central America and Mexico are available. Watermelons from Imperial Valley and Mexico are increasing in supply but prices are high on these early melons.



Radio Round-up

on food...

A Service
For Directors of Women's Radio Programs

San Francisco, Calif.
June 17, 1944

IN THIS ISSUE

SHOPPING INFORMATION ON MEAT....Tying in with present available meat cuts and grades, this information will help homemakers to "know" their beef.

HOME-CANNING SAFEGUARDS...."Follow the rules" is the keynote for the 1944 canning season, and every canning season...time, material, and food are precious items...and so is life...safe, sure canning methods will prevent food spoilage and health risks.

LET'S BRING IN THE CROPS....More women are needed in our WOMEN'S LAID ARMY, to help assure a maximum food harvest this year...and you can tell listeners about the health advantages of good physical exercise in the fresh air and sun.

CHICKEN!...CHICKEN!...WHEN DO WE EAT? This summer is the answer for we can expect rather large quantities of chicken from now on...here's the "why" from the farm angle.

EGGS....EGGS....AND MORE EGGS....There's no stopping our hens, once they decide to set production records....so eggs continue to be on the nation's list of plentiful foods...WEA continues to send dried eggs overseas to meet war needs, but there's a limit to what our processing plants can handle.

FRUIT AND VEGETABLE PARADE....Menu-planning becomes easier as varieties and quantities of fruits and vegetables increase on West Coast markets...and so does shopping.

US Department of Agriculture
Food Distribution Administration

- - - FOODS IN THE NEWS IN THE WEST - - -

MEAT SITUATION....Generally in the West, pork continues the most plentiful of our meat supply. However, some areas have reported a shortage of choice pork cuts such as loins and ribs. Pork shoulder cuts appear more plentiful. Lamb and veal are not sufficient in supply in many areas to meet demand. So-called "cheaper" cuts of beef are more plentiful, particularly in grades below choice. Consumer demand for these less-popular cuts appears to be lagging, and needs some encouragement. This appears to be a real marketing problem on which consumer education might help. Broadcasters might suggest that homemakers have an alternate list for meat shopping, when they can't find what they've set their hearts on...and that they try their hand at preparing such less-popular beef cuts as flank, round, plate, brisket, shank and chuck. In some markets, short beef loins have been slow in moving.

In retail markets, these less-popular cuts become the heel of the round for braising or simmering...ground beef which has a multitude of uses in the American kitchen...the hind shank for soup or simmering...rolled flank for braising or flank stew...flank steaks, and the choicer flank steak fillets...plate boiling beef, rolled plate or short ribs which may be braised or simmered...beef brisket or corned beef...knuckle soup bone or cross cut fore shank for soup or braising...rolled neck, boneless neck, arm pot roast, arm steak, triangle pot roast, boneless chuck pot roast, all from the chuck cut of the beef.

Undoubtedly, broadcasters know of some tasty ways, using sauces and vegetable garnishes, to prepare these cuts. Remember to remind homemakers that the flavorer of flavorers for meat dishes, ONIONS, is in very plentiful supply and warrants continued use in daily menu preparation during the next two months.

EGGS.....Wanted -- A storage place for 25 million dozen eggs. That's the national cry of egg producers. There are still this many eggs needing storage space in the iceboxes and refrigerators of American homes. An extra dozen purchased this week by every housewife will clear up the surplus and prevent loss of this valuable protective food.

POTATOES.....The new crop, with its good keeping quality, is in good supply and arriving in wholesale markets in quantities termed "heavy" by the trade. Suggest to homemakers that the family might like some "french fries" one of these summer evenings and that now's the time for potato salad.

SHARING OUR FOOD BASKET

Under a system of allocation, American food makes a maximum contribution to military needs and still provides civilians at home with adequate diets. After detailed research and adjustment to supply, the War Food Administration has estimated that approximately 13½ percent of our total food in 1944 will go to meet requirements of the U. S. military and war services; that 75 percent will go to civilians; and the remaining 11½ percent will go to the United Kingdom, Russia, liberated areas, U. S. territories and commercial exports.

As America got deeper into the war, it became apparent that despite record production there would be no surplus of food...outside of certain perishable products. The system of allocation came about as the most efficient method of distribution. First, the president, under authority contained in the second war powers act, set up the mechanism to make allocations. The War Food Administrator delegated the director of food distribution to assemble food requests from all claimant agencies and to adjust them in terms of supplies and to resolve conflicts where possible.

In the first stage, the requirements of each of the claimant agencies are presented with statements of justification and the needs to be met. Requirements are presented for current and future needs...they are left flexible to allow for changing military needs, supply, and shipping facilities. When all the claims are in, a supply estimate committee for each commodity predicts the amount of food which will be available from domestic and foreign sources even making allowances for extremes of weather.

A trial balance sheet with the requirements for each food commodity is then set down against the estimated supply. If the supply of an article is short, each claimant reviews his claim and sometimes more plentiful are substituted or the requests are pared down. Finally, the allocation is put into effect by the War Food Administrator.

U. S. allocation procedure ties in with international allocations in order that world food supplies may be put to the most effective war uses.

MEAT MAKES THE GRADE

When your listeners go to the meat counters during the next three months, they may expect to find beef...but perhaps not just the cuts they would like or which they have the money to buy. With record numbers of cattle to be marketed, beef supplies should continue at or near present levels for the next few weeks at least. Marketings during the spring were greater than a year ago, and civilian meat consumption for the first five months of 1944 has been at the annual rate of about 150 pounds...nearly 25 pounds more than we consumed back in 1935-39.

Of course, this beef won't all be prime cuts. Cattle cannot be expected to have the finish they did before the war. A tremendous increase in cattle numbers in relation to feed and the necessity of spreading our feed supplies for maximum production doesn't allow for fancy feeding.

Standards set by the U. S. Department of Agriculture cover seven grades of beef...prime, choice, good, commercial, utility, cutter and canner. For the duration of the emergency, prime and choice grades have been combined and stamped as choice. For "choice" beef the bones are soft and pink which indicates

the meat is from a young animal, either a steer or heifer. The back and loin fat is from one-half to three-quarters of an inch thick and white in color. Also, marble-like lines of fat are well distributed through the meat. Choice grades, even before the war were only slightly less inferior in quality and finish to prime cuts. Beef in the "good" grade is above the average. Generally it has too much or too little fat to be classified in the higher grades. "Commercial" grade beef is the most widely sold. It has a fair finish and quality, certain portions of the meat are better than others. In the commercial grade there may not be as much fat covering.

And this fat may be soft and slightly yellow. Also there are few or no fat lines. Commercial grade beef is most plentiful in the summer and fall. In the "utility" grade beef, the bones are frequently prominent, hard and white. There is less flesh as compared to the better grades. What fat there is, is usually of a pronounced yellow color and generally found on the loins and ribs. The flesh is soft and dark red.

The cutter and canner grades come mostly from cows, and the meat is of low finish and quality. There is very little fat and the flesh soft and dark red, but entirely edible. Some of this beef is canned or ground and used in sausage.

September, October and November are the months when the greatest number of cattle go to market. During the months of heavy marketing, the War Food Administration does most of its buying for military and war service requirements. As the supply of beef to market lessens in the spring and summer, the government purchases are reduced so that civilians get more of the available supply. At present, only 35 percent of the federally inspected beef of grades which meet army specifications is set aside for government purchases for our armed forces. During the winter, it was 50 percent of these grades and 80 percent of the canner and cutter grades. No canner and cutter beef is set aside now, but the army is taking utility as well as the higher grade cuts.

EGGS SHELL THE NATION

Eggs still continue as one of the most plentiful protein foods in the country. The trade and the government have been working to absorb the tremendous increase in egg production. Consumers too, have been asked to make extra purchases. Since the problem of saving this food commodity continues, homemakers are urged to store an extra dozen in the refrigerator at home or to put additional dozens down in waterglass for use later in the fall and winter months.

Total farm and back-yard flock production from January 1 to date is estimated at over two and a half billion dozen. This is an increase of approximately 8 percent (200 million dozen) over the first half of last year.

Consumption...though at an all time high...was about 4 percent greater for the period and not sufficient to absorb the increase in production.

Part of the difficulty of absorbing present supplies is due to storage shortage. Then too...egg grading, breaking and drying plants, though operating at near capacity peak, have been handicapped by insufficient labor.

The War Food Administration is purchasing dried eggs for lend-lease requirements. It is also purchasing fresh shell eggs to support producer prices as required by law. If eggs were allowed to fall in price, the producers would probably liquidate their flocks to such an extent that there would not be

enough eggs next year. From January to date the War Food Administration purchases of shell eggs alone topped 5 million cases, against less than 40,000 cases last year during the same period. Some of these shell eggs will be held in storage for civilian purposes during the fall and winter in case shortages develop. Others are being broken and frozen for future lend-lease needs. In some instances where egg drying plants are not running to capacity at the present time, eggs are being sold back to these plants.

Purchases of dried egg powder by the War Food Administration since January 1 have been equivalent to about 17 and one-half million cases of shell (30 dozen per case) eggs. All dried eggs purchased by the WFA go as lend-lease shipments to the United Kingdom and Russia.

It is reported that the dried eggs to Russia are used solely by the armed forces. In the United Kingdom for the past two years they are also distributed to consumers. The standard consumer package weighs five ounces and is equivalent to a dozen eggs. These dried eggs are rationed in England...with each adult allowed one package every four weeks and each child two packages during this time. Thus an adult has about three eggs a week and every child about six. Caterers and industrial feeders in the United Kingdom report that they couldn't have operated without American eggs.

Tell your listeners to get that extra dozen now and treat the family to a variety of egg dishes.

- - - EVERYWHERE A CHICK-CHICK - - -

"A chick-chick here and a chick-chick there" probably doesn't mean anything to you except as a line from an old folk song. But this line is likely to come true within the next few months. From now on, farmers will be culling and selling large numbers of fowl to get rid of low producing hens. This year they're being asked to cull their flocks even more carefully than usual because of the short feed supplies and the egg marketing difficulties. In addition, labor and storage space are scarce. Shortages of containers and limited shipping facilities are two more problems of the poultrymen. So with all these reasons, a heavy supply of chickens is expected on the market.

As there will be rather large quantities of chicken available this summer, you'll want to encourage your listeners to use chicken frequently in their menus. It is quite versatile in its menu adaptability. Equal in protein value to prime rib roasts and juicy red steaks, chicken is a he-man choice. Easy to digest and nutritious as well, chicken is a choice delicacy for both young and old. Another selling point for chicken is that it is point-free.

If you're planning to talk about chicken cookery, USDA Bulletin No. 1888 called "Poultry Cooking" will be helpful to you. It gives tested methods for all the popular ways of preparing chicken from the young fryer to the old hen that has to be stewed. The bulletin completely covers poultry cookery---with timetables and pictures showing the various steps in frying and stuffing a fowl. Address requests for this bulletin to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C. (Note: Western Radio Commentators may apply for the bulletins from the OD-WFA Regional Office at 821 Market Street, Room 700, San Francisco 3, California.)

- - - FOLLOW THE RULES - - -

In a new bulletin called "Home Canning of Fruits and Vegetables" the Bureau of Human Nutrition and Home Economics of the U.S.D.A. has simplified food preservation rules and timetables into an easy-to-follow pattern. Illustrated, step by step, the bulletin shows how to prepare fruits and vegetables for canning, tells what kind of equipment to use, mistakes to avoid, and the time schedules for processing.

On the attractive cover page are listed these seven points for successful canning:

1. Can only fresh food, in tiptop condition.
2. Have food, jars, everything used in canning, thoroughly clean.
3. Work quickly, so as to can "freshness".
4. Heat food hot enough and long enough to make bacteria and organisms, harmless, so they won't "work" in the food and make it spoil.
5. Follow up-to-date directions and timetables, backed up by scientific research.
6. Make sure jars are sealed airtight, to keep spoilage organisms outside.
7. Store canned food in a cool, dark, dry place.

This publication takes place of AWI-41, "Wartime Canning of Fruits and Vegetables" and AWI-61, "Canning Tomatoes". The bulletin "Home Canning of Fruits and Vegetables" AWI-93, may be secured free upon request by writing to Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Radio commentators may get their copies from the regional WFA Office of Distribution, 821 Market Street, Room 700, San Francisco, California.

- - - WOMENS LAND ARMY GOES TO CAMP - - -

Summer camps for the blue denim clad workers of the women's land army are again taking roll call. These working camps for working women may be set up in unused school houses, grange halls, hotels, inns, country houses or tent cities in forests or meadows. In many cases they're located in the beauty spots of the country....near lakes, rivers or streams.

Women's land army camps are planned for efficiency and the health of the workers who have enrolled to help farmers plant, cultivate and harvest the 1944 crops. They provide sleeping and eating arrangements and recreation rooms for evenings, Sundays and days when the weather is too bad for farm work. These camps make a fine place to spend a week or a month or an entire summer doing an essential war job now that more farm men have gone into the armed services.

These centers of course, will house only workers coming some distance. the majority of the WLA workers are recruited locally and live at home.

About 300,000 women, 18 years or older, are needed to help with this year's food crops. Some of their tasks will be to detassel hybrid seed corn in the Midwest, shock wheat in North Dakota, pick cotton and shake peanuts in the South, pick potatoes in Maine and Idaho, and pick, grade and pack fruits and fresh vegetables on the East and West Coasts.

Women in farm work don't get rich quickly, but they earn the prevailing farm wage in each locality. These wages vary as to region, work and skill. In addition to financial gain though, members of the WLA return home with browned skins, renewed vigor of mind and body and a knowledge that they are in the Victory drive.

Women in good health who have any free time this summer are urged to find out about the WFA and how they can help. Individuals now contact the local county extension agent or the nearest farm placement office for information on the food march to Victory.

--- WHAT'S IN THE MARKETS ---

Reports for all three major West Coast wholesale markets indicate plentiful onion supplies at reasonable prices.

Housewives are apparently not entirely aware of the large quantities of better quality onions now available. Broadcasters can help to market this perishable food by stressing the abundance of this crop. The type of onions now available are not suitable for storage, as is the fall onion crop.

Early onions now coming to market are less mature. Their fine wet necks and dryer outer husk are indicative of low keeping quality. The abundance of this crop will continue for about two more months, so we will need to increase our daily use of this vegetable. Suggest that homemakers bake 'em, fry 'em, cream 'em, boil 'em and cut them up for seasoning.

SAN FRANCISCO

The fresh fruit market this week features apricots. Prices are sharply lower and supplies fairly heavy. Peaches are more plentiful too and prices are lower, although only the earliest varieties are still available. The wholesale prices on cantaloupes show a steady decline as supplies increase. Watermelons are also more plentiful, and prices somewhat lower. Citrus fruits remain unchanged. Peas and onions are probably the best buys among the vegetables this week. Squash is also a good buy and cauliflower and new potatoes are a little lower in price. Green corn has declined slightly, but is still high-priced. Tomatoes have improved in quality, but prices have gone up slightly. Snap bean supplies are increasing, but are still selling at ceiling.

LOS ANGELES

Italian and white summer squash are fairly low in price and considered a best buy. Supplies of snap beans are increasing after being absent from the market for some time, and prices are slightly lower. Corn is a short season vegetable, but a welcome one....prices are lower this week and supplies increasing. Most of the bunched vegetables are reasonable in price... they include carrots, beets, turnips, chard, spinach, parsley, green onions. Potatoes are of good "keeping" quality if stored in a cool dark place. This week, prices are lower and supplies more plentiful. Lettuce supplies are adequate and prices around ceiling. Tomatoes are plentiful, but prices slightly higher than last week.

Good news on fresh fruits - Cantaloupe supplies are increasing and prices are much lower than last week. Peach supplies are also increasing and prices are accordingly much lower. Cherries continue high in price and strawberries continue in light supply. Looks as if we had better depend on peaches and apricots for canning.....these two fruits are increasing in supply.....but prices remain rather high for other fresh early summer fruits. Youngberries and boysenberries have increased in supply, and prices have declined. The rest of the berry family is in light supply. A very few bananas, watermelons and pineapples appear on the market this week. Plums are increasing. Small-size Beauty plums are reasonable in price, but the Santa Rosa variety is high.

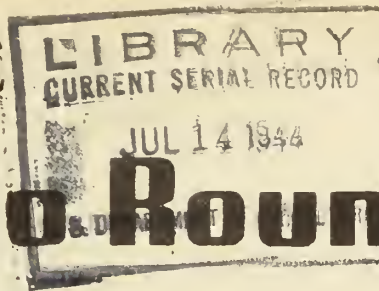
PORTLAND

Lettuce coming in from local fields in liberal quantities and fine quality is one of the market's best buys. The first local celery has appeared on the market, but sizes are small. Peas from the mid-Columbia districts are plentiful. Local supplies should be available soon. Bunched carrots have been high in price for the reason that all supplies have been coming from California. Local carrots have begun to arrive although harvesting is still very light and it may be two or three weeks before there will be sufficient quantity to reflect a lower cost. Other locally grown vegetables expected soon are squash, green beans, and new potatoes. Of course, these will not be plentiful, but it does mean Northwestern garden supplies are not far off. In another month or so tomatoes, corn and cucumbers will be in heavier supply.

A word about buying lettuce and peas. Many stores sell lettuce by weight. The advantage of buying solid heads is that the quality is generally better. Soft heads may be an advantage when used as a garnish as the leaves are not so easily torn and are of larger size. Firm heads are more attractive for salads when the head is cut into slices or diced.

With peas the color and crispness of the pod has much to do with the quality of the seed on the inside. If the pods are yellow or lack crispness more than likely the seeds may be over-mature or they may have been harvested several days before and lost their freshness. Fresh young peas have a dense green color.

Almost every variety of fruit can be found on the market today but supplies are not heavy and prices are generally high, keeping most of them in the luxury class. Cantaloupes show a slight decline in price and Citrus fruits are plentiful and mostly selling at ceiling prices.



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
June 24, 1944

IN THIS ISSUE

TEAMWORK ON FOOD.....To many interested citizens who wonder just how the United Nations work out a division of its food resources in terms of winning the war, this explanation contains the answers.

FOOD FOR THE LIBERATED.....Broadcasters may be wondering just what foods the Allies are supplying to liberated people...and how, in the immediate future, this will affect civilian supplies here at home. Civilians are wondering that, too. Here is the story.

VICTORY GARDENS THE WORLD OVER.....Those little packets of seeds do multiply into tremendous quantities of food...and how well Victory gardeners know that..... All those groups and individuals who've cooperated in sending seeds to our armed forces, will be grateful to hear about the results of their efforts in terms of the food these seed packets produced. And this also goes for the seed farmers, who've been supplying seeds to the government for lend-lease and the armed forces.

EVEN SPUDS "GO TO WAR".....One man's ingenuity is helping us to use our entire potato crop...and few of us probably realize how many other uses than eating the "spud" has.....this crop is really being used to the fullest possible extent.

CHICKEN IN WINTER?.....Homemakers who haven't a backyard chicken flock depend on commercial markets for their chicken supply...Thus, in summer, when marketings are heaviest, they give chicken a top menu rating. But if they're interested in year-round consumption, they might try canning or freezing chicken from July to September when plentiful supplies will be marketed, while farmers cull their flocks.

THE SALAD AND DESSERT SEASON IS ON.....A greater variety of fruits on Pacific Coast markets means just this to homemakers who've been waiting for the increasing summer harvest. Now they can put their favorite fruit combinations before the family in tempting salads and desserts.

US Department of Agriculture
Food Distribution Administration

LIVESTOCK AND POULTRY.....Pork still appears most plentiful meat in western markets. In general, choice beef cuts are scarce...marketing lower grades of beef to retailers still presents some problems... Range conditions in Montana have improved, resulting in tendency to hold cattle for increased gains. Veal is scarce in some markets. Eggs continue in good supply in most areas of the west, with smaller sizes and undergrades most plentiful. Chicken supplies appear ample to meet demand in most areas and a few areas report slow demand.

COCOA AND CHOCOLATE.....From June through August, the supply of cocoa and chocolate supplies will be somewhat less than for the first half of this year because of greater military requirements and lack of shipping space from certain producing areas....and a further reduction for the last three months of this year is expected.

Chocolate bars are the Army's "D" rations. Infantry Technical Sergeant Charles E. Kelly of Pittsburg, Pa., 1st soldier to win the Congressional Medal of Honor in the Fifth Army's Italian Campaign, recently said that he preferred "D" rations during beach landings: "D" rations are three chocolate bars that a fellow can carry almost anywhere...they don't melt easily and contain lots of vitamins. My supply did me for about a day and a half."

FOOD CONSERVATION.....Sgt. Kelly also commented on the subject of food conservation: "when you're overseas and all the food has to be brought many thousands of miles, we make every bit count". That gives us something to think about when we have a large egg supply that must be consumed or preserved to prevent waste....and when we're getting into the summer harvest of important perishable fruits and vegetables. Food conservation means more than the "lick the platter clean" slogan would imply. Helping to harvest crops...working in commercial canneries to meet the labor shortage...canning Victory garden surplus and local farm surpluses in community canning centers, and in homes...buying extra plentiful perishable foods while they're on the market, instead of scarce items --- These are all actions which result in food conservation.

BUTTER AND CHEESE.....About the same amount of butter is forecast for civilians during July and August, on the basis of WFA's butter set-aside for July of 45 percent (5 percent less than June's) and 30 percent for August. On cheddar cheese, the 60 percent set-aside for July and August will give civilians a little more than they've had in the past year.

MORE FAT FOR SOAP.....Housewives of America who've turned in waste fat can take considerable credit for the fact that the WFA has reduced the amount of resin used as an extender in the manufacture of soap. More fat is now available for soap making.

FLASH! EGG STORAGE PROBLEM SOLVED...American housewives have helped to solve the egg storage problem that two weeks ago threatened serious losses...at least, the problem is solved temporarily. June 10, when there were 25 million dozen eggs for which no storage was available, War Food Administrator Marvin Jones appealed to housewives to take home an extra dozen. Judge Jones reported today that the help of housewives and the trade has made it possible to save all these eggs that were in danger of spoilage and that our emergency egg-storage problem has been solved.

---UNITED NATIONS' FOOD TEAM---

Teamwork among the United Nations has been one of the achievements of this war. But unity of action is not only practiced in military operations. The Combined Food Board is also an example of a mutual meeting ground.

This board created by the President of the United States and the Prime Minister of the United Kingdom is composed of one member from each of the three allied powers...the United States, the United Kingdom and Canada. The War Food Administrator represents the United States on this board. There is also one deputy member for each board member, one executive officer and one deputy executive officer from each of the three nations. The board has the technical assistance of various international commodity committees. These groups deal with such commodities as meat, fish, poultry fats, sugar, tobacco, cereals and grains, seeds, dairy products, fruits and vegetables, vitamins, spices, agricultural machinery and fertilizer. A secretary and assistant secretary are provided by the United States to keep a record of the meetings and are responsible for the files of the board. Special committees are also appointed by the board to deal with commodities that do not come into the scope of existing committees.

Proposals for action by the Combined Food Board may be initiated by any member, its executive officers or its committees. The executive officers direct the work of the commodity committees and place their recommendations before the board members for action. The executive officers carry out instructions of the board and coordinate action which is being taken in respect to each food product.

The board has no authority to dictate international allocations. It is merely a meeting ground where mutual problems dealing with food, shipping or supply are discussed. Then recommendations are submitted to the Allied Nations or nations affected. When 95 percent of the exportable supplies of rice producing areas of the world fell to Japan, the board discussed ways of increasing rice production and dividing up the available supply. And though there may be ample wheat in Australia, it is of no value to those who need it unless it can be utilized by them. In this case the subject of supply and transportation is also a concern of the board. As more of the enemy occupied lands are liberated by the allied armies, it will be the duty of the combined food board to consider how the needs of the people can best be met until the liberated people can fend for themselves.

---FOOD FOR RELIEF FEEDING ABROAD---

In contrast to the German method of conquest, the allied armies carry sufficient food not only to feed themselves but to assist peoples freed from Axis domination. Despite the great needs forecast, the United States now has an adequate stockpile of food in Europe or earmarked for that use to take care of relief needs for the next few months.

In June 10 issue of Round-Up we told how the United Nations Relief and Rehabilitation Administration would take over relief feeding in the liberated countries. In the beginning stages of occupation, however, the allied armies will take care of all food distribution in a freed area....just as they are now doing in Rome. This is in line with combat necessity. As the allied forces move forward, military control will be relinquished. Then one of two agencies will take over the job. If the liberated territory is an allied area with adequate finances or credit in international trade, that country will bear part or all responsibility for relief supplies. If an allied country has no foreign exchange resources. .. as Greece.... UNRRA will assist.

The requirements presented by UNRRA for food in this country and also those made by the paying governments must be reviewed and approved by the War Food Administration before any actual allocation is made. Dependent on the funds appropriated by Congress, UNRRA will present requirements for food from the United States through the Foreign Economic Administration. The War Food Administration will do the buying in this country.

The chief foods to be distributed will be wheat, cereal, canned and dried milk, cheese, salt pork, canned meat and fish. At present the reserves of these foods will take care of relief feeding. Replacements will be made as demands are made on the reserves.

The War Food Administration intends to buy in accordance with foreseeable objectives. The only exception to this rule will be when the government buys to fulfill support price pledges. Any temporary abundance is a small price to pay for being sure of enough food.

At present the government is buying about 8 million dollars' worth of food a day, and more than a quarter of a million tons of food a month are exported. To keep the stocks in good condition, the food is inspected at intervals and frequent inventories are taken. If stock held in reserve is no longer needed because of a military change, and the trade has a demand, additional food is released for civilians. Reserves are maintained and stocks "turned" ... as in commercial fields.

---A PLOT AGAINST THE ENEMY---

American seeds are taking a part in Victory by global encirclement. Corn seed from Iowa is growing in the rich gumbo and volcanic ash soils of distant South Pacific military bases. Thousands of American soldiers who are prisoners behind German lines are or will be eating fresh vegetables grown from seeds from home. In thirty-one countries and territories over the world, many of the beans, beets, carrots, onions, peas, radishes, cucumbers and cabbages harvested this year will have an American inheritance.

It has been estimated that the crops raised in South Pacific battlefield gardens alone will be valued at 11 million dollars. And this cash value is far exceeded by the value American fighting forces attach to the fresh vegetables that remind them of food at home. Though the 15,000 pounds of seeds shipped to American prisoners is small compared with the millions of pounds produced annually in this country, the resultant supply of fresh vegetables will mean variety in prison fare for a maximum of 400,000 soldiers.

Since last July, 18 million pounds of all kinds of vegetable seeds.... about 5 percent of our production...have been shipped to our allies and armed forces abroad. The largest quantity...four and a half million pounds went to Russia. The smallest amount shipped has been 35 pounds to Ethiopia. Varying quantities between these high and low figures have been shipped to England, Australia, various sections in Africa, and West Indies, Ceylon and Central and South America.

The seeds could have gone on a single 10,000 ton cargo ship. Had we shipped food produced from this seed, we would have filled the entire available space on 950 ships of the same capacity. The shipments of seed mean a saving of U. S. manpower and equipment and allow for the increased transporting of men and war materials.

At current prices these seeds would have produced two billion dollars worth of food. As seed they cost us six million dollars. Based on our standards of living, vegetables raised from these seeds would feed some 500 million people for an entire year. That's one-fourth of the world's population.

Even as vegetable seeds are essential for the production of food, feed seeds are necessary to the production of feed for livestock. Shipments of feed seeds are still limited because of insufficient acreage planted in view of the need for direct food crops, lack of labor, winter killing of alfalfa and red clover, and heavy demands on hay in this country.

Almost the entire lend-lease demands for field seed have been to Russia and the United Kingdom. In Russia, thousands of acres have become pastures for great herds of livestock. Grass seeds are also important to military forces in England and other countries. American and Allied fighting planes land on fields protected against wash and erosion by cover crops from American seed.

At present, seed growers of America are producing vegetable seeds for expanded home food programs...and for increased shipment abroad. At the same time they are trying to expand production to such an extent that there will be a stockpile against the day when American seeds will play a living role in the rehabilitation of the world.

---EYES ON THE POTATO---

Potatoes are appearing in more forms these days than the familiar baked or mashed vegetable at the dinner table. They are going to war in the form of industrial alcohol, glucose sirup, textile sizing and as rations in livestock feed.

In 1943, the biggest crop of Irish potatoes in history...about 470,000,000 bushels...was harvested. Since there were more spuds than could be used through normal food channels and for existing dehydrating plants to absorb, the government fulfilled its promise of taking over any surplus at prices supported by law.

What to do with these government-owned potatoes became the problem of the Commodity Credit Corporation, the agency in 1943 administering support price funds. The No. 1 commercial grades were made available to consumers. The surplus removal program was designed to divert only low-grade potatoes into dehydrated forms.

William M. Case, head of the Commodity Credit Corporation's potato division, had been a potato farmer in Colorado and he began to work on a scheme of making use of the potato culls.

Because of the high nitrogen-free extract or carbohydrate content of potatoes they were suitable for making industrial alcohol. Distillers can't use raw potatoes, but can use the cooked and dehydrated pulp for alcohol important in the manufacture of synthetic rubber and munitions.

Mr. Case is familiar with the sugar beet industry in Colorado. He noted that large sugar factories stood idle eight months of the year and thought they could be used for dehydrating potatoes. Also that sugar beet and potato crops grow in the same regions. Experimentation was done in the sugar factories and the converting process started last March.

By this June, 11 sugar factories and small dehydrating plants had made 13,000 carloads of low-grade potatoes into the required dry pulp. Each sugar factory can handle from 20 to 40 carloads of potatoes a day.

In the sugar plants the potatoes are put through a similar process of being turned into dry pulp that is used for sugar beets...except the potatoes are sent into a drier instead of being run through the process where juice is extracted from sugar beets. First, the spuds are thoroughly washed. Then they go into a slicer and are cut in shapes similar to shoe string potatoes. "Cossettes" the trade calls this cut. Next they are put into a drier at high temperature. Here the potatoes shrivel to the extent that six tons of raw potatoes give one ton of dry potatoes, this dried product is shipped in box cars to alcohol plants or to livestock feed mills. Mixed in livestock feed, dehydrated potatoes can take the place of corn in the feed ration, to a considerable degree.

To see what other products could be made from potato pulp, experiments were performed to make glucose sirup and potato starch. The potato glucose sirup developed is similar to corn sirup and can be used as a sweetening in candy. The potato starch manufactured was used as a sizing in cotton textiles. The results of this handling of the 1943 potato crop have led the way for putting future surplus potatoes into beneficial economic use instead of allowing...as in the past...many carloads to be wasted. Also profitable year-round use can be made of the large sugar plants.

---CHICKEN FOR WINTER MEALS---

In 1943 more people ate chicken "in the rough" and forecast more futures on wish bones than ever before. Over three and a half billion pounds of dressed chicken were eaten, a per capita consumption of 28.1 pounds. The average for the 1935-39 period was only 17.9 pounds.

The chicken supply per capita for civilians this year is about 15 percent smaller. Thus it would seem that farmers should not have any trouble selling their 1944 supply. But a large part of the chickens will be coming to market at the same time...in the July to September period. Short feeding supplies and egg marketing difficulties are causing many farmers to cull flocks more closely. Storage space and labor are scarce. Crates and shipping facilities are limited.

People who live in areas where chickens are plentiful will find it economical to can or freeze a supply for use next winter when chickens will not be so plentiful. Families having cold storage locker space usually prefer to freeze frying and roasting chickens, and to can the older, less tender stewing fowls. Frozen poultry will keep for a year or longer.

The U. S. Department of Agriculture has a bulletin "Freezing Meat and Poultry Products for Home Use" which describes in detail the steps to follow in freezing poultry. The supply is only about equal to the number of individuals having locker facilities. However, you may obtain a copy from the Marketing Reports Division, Office of Distribution, War Food Administration, 821 Market Street, Room 700, San Francisco 3, California.

Hens, culled from the flock when they are one to two years old are better for canning than young birds. All birds for canning should be healthy and in tip-top condition. The bird is dressed, cut in serving sections, and most of the fat trimmed off. Too much fat in the jar may cook out onto the rubber ring and spoil the seal. The gall bladder must also be removed very carefully because if it is broken, the chicken will have a bitter taste.

Then the chicken pieces are divided into three piles...meaty pieces, bony pieces, and giblets. Meaty pieces may be canned with or without the bone. Bony pieces have so little meat, it's best to strip meat off and can it covered with broth. Giblets...the liver, gizzards and hearts...are canned separately because they would darken the other chicken meat. The livers are canned alone, gizzards and hearts together.

oned chicken or chicken to be canned with the bones in must first be pre-cooked in simmering water. For chicken that's to be canned with bone, cook about 8 to 10 minutes. If the meat is to be cut from the bone, pre-cook just long enough so you can cut it off and then it must be reheated. The hot meat is packed in boiling hot glass jars. The final processing is done in a pressure canner because chicken needs temperature of 250 degrees F. to kill any bacteria growth. Manufacturers directions for various canners should be followed.

---WHAT IS IN THE MARKETS---

(Based on Wholesale Market Conditions
for the Week ending June 24, 1944)

Weather has played some tricks on the supply of canning peas in the Portland area...San Francisco wholesale markets boast of apricots and youngberries as the current "best buys" in fruits...and Los Angeles markets are getting increasing supplies of such summer favorites as cantaloup, apricots, and watermelons.

PORTLAND --- According to Carl Hansen, market news reporter for the Office of Distribution, in this area, Portland housewives may be required to pay a slightly higher average price for fresh vegetables this week than they did a week ago. Reason: a temporary shortage of some commodities, an in-between season on others.

Asparagus is going out of season and prices had advanced slightly, in response to the age-old law of supply and demand.....Last week, growers were asking consumers to come and pick their own peas for canning because warm weather was hastening the harvest --- now this week, cool cloudy weather has reversed the situation, and there's a temporary shortage. However, the brighter side of the vegetable picture is found in liberal supplies of lettuce and cauliflower, increasing supplies of celery, and Zucchini and yellow crookneck varieties of summer squash now coming in from local truck gardens.

The berry situation appears "tight"....retailers often have shortages and wholesalers are unable to secure necessary supplies. The crop is not large and much of it is going to processors, and will eventually reach our fighting men overseas. Other fruits on retail stands include both dark and light cherries, new crop plums, peaches, melons and pineapples. Several carloads of pineapples have come in from Mexico, and the supply is heaviest in weeks. Prices are reasonable. However, a word of warning to housewives: check the quality...look the pineapples over before buying to be sure there's no decay. Fully matured pineapples have a yellow or golden brown color....if green, it will probably lack flavor.

SAN FRANCISCO --- Liberal apricot supplies in the Bay Area herald the new home-canning season. A. E. McDowell, market news reporter, states that some small sizes and fair quality stock are selling at rather low prices. Liberal supplies and a steady decline in prices on youngberries, boysenberries and loganberries also are good news to home-canners. Cherry receipts are a little lighter, and price ceilings on Bings have brought slightly lower prices. Strawberries are in a little lighter volume, selling at ceiling prices. A few currants and nectarine are arriving. Early apples and figs are in light supply. Watermelons are selling at slightly lower prices. Cantaloups are in more liberal supply, at unchanged prices.

Lettuce and potatoes are plentiful...cucumbers are slightly lower in price due to new ceilings...celery is still high, but wholesale prices have declined slightly. Squash and tomato receipts have dropped off, and prices have advanced. Snap beans are in almost normal supply, with best quality selling at ceiling. Home-makers might be reminded that snap beans are a fresh vegetable in which they get their money's worth, because practically the entire purchase can be served at the dinner table....there's very little waste in preparation.

LOS ANGELES --- "Best Buys" on the Los Angeles market, according to A. E. Prugh, market news reporter, are onions and cabbage. Potatoes are listed as plentiful. corn is in moderate supply...more cucumbers are coming in. Other vegetables in ample supply, at reasonable prices, are carrots, beets, turnips, chard, radishes, mustard greens, parsley and spinach...green leeks and onions are slightly lower in price than the previous week....Lettuce supplies are moderate. Heavy demand for tomatoes have brought an advance in price. Celery and asparagus continue high in price. Snap beans supplies are rather light, but prices are unchanged. White summer and Italian squash have gone up in price. Peppers are in light supply, selling at ceiling prices. Peas are in light supply, with best quality selling at ceiling. Miscellaneous vegetables available on the market include romaine, endive, mushrooms, chives, parsnips, napa, garlic and okra.

The list of fruits available in Los Angeles markets is fairly long...cherries, cantaloups, apricots, watermelons, peaches, avocados, Mexican pineapples, bananas from Mexico and Central America, berries, plums, citrus, grapes and figs. However, supplies and prices vary. Cantaloup supplies are increasing, but prices are fairly high, although lower than the previous week. Apricot supplies are increasing and prices are lower. Cherries are rather high in price, but the new ceiling has brought down prices on best grades. Early peaches are in moderate supply, but the price has gone up slightly. Summer avocados have also gone up in price. New apples from the San Joaquin Valley are high in price. Light supplies of strawberries continue to sell at ceiling. Boysenberries, raspberries, youngberries and loganberries are high in price. Early crop Santa Rosa and Beaut varieties of plums are high in price. A few Thompson seedless grapes are coming to market from Coachella Valley, at high prices...and light supplies of Black Mission figs are available at high prices....

Broadcasters might suggest to homemakers that when fruits they'd like to buy appear high in price for good-sized servings, the more expensive ones can be combined with cheaper foods...fresh fruits are always good in cobblers, or as a fruit sauce over plain cake. Small amounts of a variety of fruits are always good in fruit salads or fruit cocktails.